

HEALINGLINE

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Dear Healing Line Family,

As we begin our summer activities here at Christian Healing Ministries, I am struck by what an awesome community we have in and around the network of this ministry. We are joining our Northeast friends and community for the Ignite conference in Connecticut—I love this yearly gathering! It brings with it so many familiar faces—they have become our regional family.

Here on the CHM campus, I find the same sense of community among the prayer ministers, board of directors and staff. We gather together regularly to renew that sense of community. We are forming alumni groups all over the nation to encourage those who have gone through our schools to continue praying for each other and their community members. This alumni network can be a life-giving group (literally and figuratively)!! Please consider joining one of our alumni groups if you have gone through our training.

Francis has often asked people if they remember their mothers or fathers praying with them growing up. With my kids home from university for the summer, I am reminded of our family tradition of praying for each one at night separately, which we continue to do even as they enter into adulthood. Francis and Judith taught my husband and I to do this between ourselves, and we have extended it to our children. We call this time "five minutes." We lay hands on our kids and ask the Holy Spirit to come fill and refresh them. We pray that the Lord will cut them free from any burdens they faced that day. We then ask the Lord to bless their sleep and give them dreams and visions for the night. It is a simple time of prayer, and we really enjoy this time with the Lord and with our kids.

Are you interested in learning more about prayer ministry? Join us on campus for our schools. Are you excited about a gathering of encouragement and healing? Come to our Ignite and Captivate conferences. Need prayer? Please add your name to our intercessors' list. We love to pray for you and your community. Please continue to submit your testimonies of healing to our website at www.christianhealingmin.org. We continue to thank God that He is not only called Jehovah Rapha (God who heals), but He continues to manifest His presence as Jehovah Rapha when He heals.

May God bless you this summer! Kathi Smith Senior Editor

KATHI SMITH

Senior Editor of *Healing Line* and an active prayer minister and volunteer at CHM.



CALFRANCIS&JUDITH

How do I go about incorporating healing prayer in my mental health practice? Do I call it healing prayer to the client?

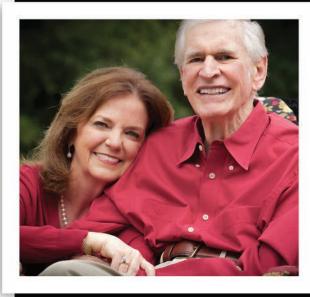
(Judith) First, I would like to say that part of Francis' rich legacy is that he is a founding member of the Association of Christian Therapists. They have a wonderful annual conference that deals with this issue specifically. All of their speakers are trained in healing prayer and provide excellent insight and resources, especially in the area of integrating healing prayer and therapy.

When I worked in a hospital, I was not allowed to pray with my patients. However, when I moved to a private practice, we were always up-front in telling people that we were Christian, that we were people of faith, and that if the clients would like prayer, we would like to incorporate prayer as a part of their therapy. I had a slightly easier time with this because I named my practice Christian Counseling Services, so people knew coming in that we were Christian. But it is also very important to remember that the client *does* need to be in agreement with receiving prayer before you begin praying for them.

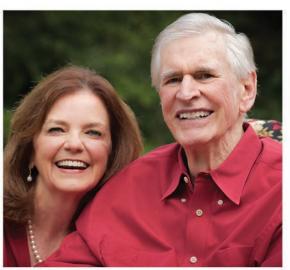
In a private practice, you do have to be aware of the laws in the state in which you are licensed—are you even allowed to pray and incorporate your faith according to that state law? I have some friends in other states who have lost their licenses because they prayed with their clients. It is *very* important to find out what your state laws are. You can also put a statement on an intake form that says you are a Christian and give the option to choose prayer as a part of their treatment.

In the case of an abortion that was scheduled but didn't happen (due to a change of mind, failed attempt, etc.)—can it still negatively affect the child?

(Judith) When we wrote Praying for Your Unborn Child, some of the stories we read said that it is good for the developmental process of the fetus to have a certain amount of stress. Pregnant mothers go through so many hormonal changes and mood swings during pregnancy, so it is often normal for a woman to have thoughts such as "I can't do this," or "I'm not sure I want this baby,"—but they really don't mean it. So I don't necessarily think something like that







photography by Debbie Rieman

Q&A....cont. from page 3

will negatively impact the child. However, I have prayed with many women who have tried many times, unsuccessfully, to abort their child and ended up keeping the baby. At that level of trauma in utero, the baby could really be damaged. For a situation like that, inner healing needs to be done.

It is so wonderful to pray for inner healing with children. One of the things about adults is that we've lost our ability to use our imagination. Children get right into it. If you say to a child, "I want you to picture yourself in this memory," they can immediately go there. And usually within no time they are talking to Jesus, playing with Him, and receiving inner healing.

Another way to pray for children is to pray for them while they are sleeping. If you don't want them to be aware of the trauma by speaking of it, pray over them as they sleep. Within just a few days, they will often show signs of the prayer working; their behavior will change. If you simply go and pray blessing over a child while they are asleep, it is remarkable how they can change.

In the case of praying for generational healing for an adopted person, how do you know where to begin when there are so many unknowns in their family of origin?

"you do what you can." You work with the information you have. If you don't have much information, or any at all, you pray "on condition." For example, "Lord, I want to bring my whole family history to you. I don't know my history but You do." We have to remember that we are known and so loved by God. We really don't have to tell Him what we need healed. Think about that. He knows what we need. So, just our intention, our coming to Him and saying, "I want everything in my life yielded to You. If there is something in the generations that is sinful, please forgive me and my family and cut me free from that." That is praying "on condition." Ask the Lord to close the door on what it is or what it might be. We really don't have to know. The Holy Spirit is the one who searches out everything and brings us into the healing light of Jesus.

If I am having a problem hearing God speak, what can I do about it?

(Francis) I often have trouble hearing God speak. The important thing to know is that He speaks to different people in different ways. Some people will actually hear something or see something—and I am in awe of that. For me, because I knew that I was supposed to hear God speak, it took time for me to discover that He speaks to me in very ordinary ways. Things will just come to me as an idea—and they're usually of God. I will just get an impression that maybe we should do something a certain way and nobody else has come up with an idea. So, I'll just say, "Why don't we try it this way,"

and we do it and it works. The ideas that I get, even when I'm not sure if God is speaking, usually turn out to be from Him. So, learn that God speaks in so many ways, and often they are hidden.

(Judith) In our schools, we have a teaching called Hearing God, with a corresponding practicum exercise. I think that it is important to have people people in your life who can mentor and encourage you to hear God's voice. I think all of us hear Him in such unique ways and some of it is related to our temperament. For example, Francis is a strong introvert and he is highly intuitive, so he gets these impressions that are so accurate. Yet he is not someone to say, "I hear God saying..." because that is not his personality.

We all need to hear encouragement that we do hear from God in unique ways. And we also have to practice. We have to get ourselves into settings where we can practice hearing His voice and learning what it sounds like and how he speaks to us individually.

What is a slumbering spirit?

(Judith) I've heard many definitions of this, but to me the very best way I can explain it is that it is when a person just can't seem to connect. There is a disconnect—not only with God but with other people. It is like there is a heaviness and a lethargy present; there is no motivation and ability to connect with life in general and what God is doing. In some cases where there is depression, you may ask the Lord if a slumbering spirit is present.

What do you suggest for people who feel called to the healing ministry but it is not happening in their churches or it is not accepted?

(Judith) Early on, when we first started teaching our Schools of Healing Prayer®, people would come and receive training and later report to us that when they went back to their churches, they were not allowed to pray. We strongly believe at CHM that you work with permission and under authority. So, unfortunately, if your pastor and/or the leadership is not on board with healing prayer, you really shouldn't just try and do it anyway. You really need their blessing and their covering.

Many of our friends who have found themselves in these types of situations have gone on to start their own nonprofit ministries and offer healing prayer. But when doing that, it is important that God is leading you into it. It is also important to know who God is calling to be a part of that ministry, and to make sure there are some really strong leaders involved.

It seems that there has recently been a dramatic increase in depression in our culture. Why is that?

THE ART OF THINKING POWERFULLY

GRAHAM COOKE

n Romans 12:1-2, Paul laid out the importance of leading with our spirit, not our soul:

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. —New King James Version

When our soul submits to our spirit, we think differently. In essence, we are transformed by this renewing of our mind.

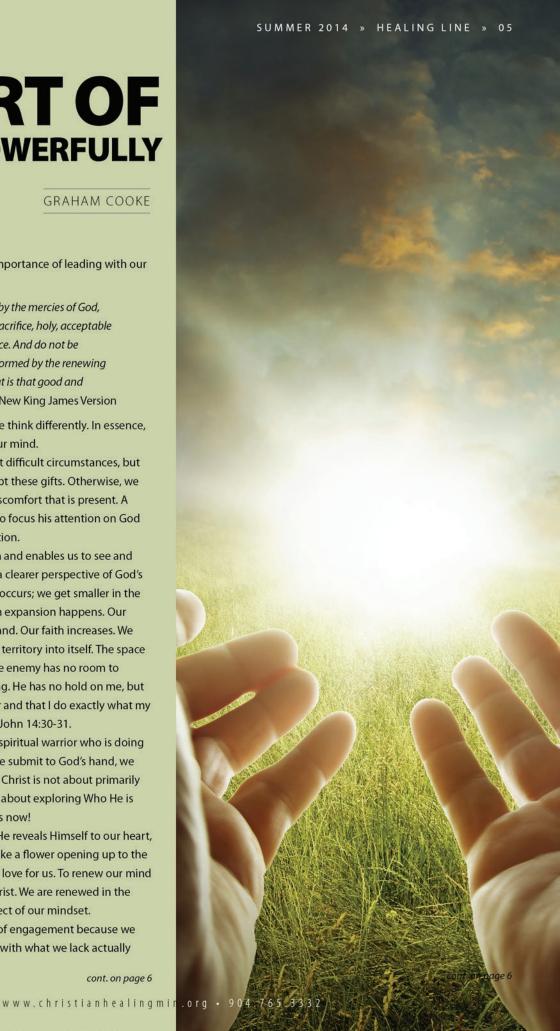
Blessings can and do occur in the most difficult circumstances, but we need a renewed mind to see and accept these gifts. Otherwise, we end up only focused on the immediate discomfort that is present. A spiritual warrior stands still long enough to focus his attention on God and find out what He is doing in the situation.

Manifesting our spirit releases wisdom and enables us to see and respond to what God is doing. It gives us a clearer perspective of God's desire. When we resist God, a contraction occurs; we get smaller in the spirit. But when we submit to the spirit, an expansion happens. Our heart is enlarged as we submit to God's hand. Our faith increases. We grow so rapidly that we push the enemy's territory into itself. The space in which he works contracts. Suddenly, the enemy has no room to operate. "The prince of this world is coming. He has no hold on me, but the world must learn that I love the Father and that I do exactly what my Father has commanded me," Jesus said in John 14:30-31.

Likewise, the enemy has no hold on a spiritual warrior who is doing what his Father has commanded. When we submit to God's hand, we can see clearly into His heart for us. Life in Christ is not about primarily discovering what God is doing, but rather about exploring Who He is and specifically, Who He wants to be for us now!

He manifests His spirit to us. Literally, He reveals Himself to our heart, and we are touched by His desire for us. Like a flower opening up to the sun, we are unlocked by the beauty of His love for us. To renew our mind we must be engaged with the mind of Christ. We are renewed in the spirit of our thinking when God is the object of our mindset.

Living out of our soul is a lower order of engagement because we are the primary focus. Our preoccupation with what we lack actually



Thinking Powerfully....cont. from page 5

drives us away from God's desire for us. We feel unworthy, dissatisfied, discouraged, and we become mentally and emotionally tired.

When we reckon ourselves dead to our old nature and alive to God (Romans 6:11), we become aware of all the possibilities that exist for us in the smile of God. Being aware of God's heart is refreshing, empowering, and cheerful. We feel His joy as a tangible expression of His goodness to us. He loves because He is love. His eternal joyfulness radiates peace and acceptance. We learn to live under His constant smile, and His affection makes us laugh on the journey of becoming more. We become what we behold about God and ourselves. This is true, of course, whether positive or negative. To be renewed in the spirit of our mind is to always engage with the positive. God has not asked us to deal with the negative aspects of our lives. He has already dealt with them in Christ. We are dead to sin. He has crucified us with Christ. Our old nature is dead and buried. It is no longer our concern. We are in Christ in order to learn to become Christlike. Our whole engagement of life is to be created in the image of God. It is the ultimate reinvention.

Every day our primary focus is on living under God's smile and engaging with the Christlife within. It is a process of discovery. We are exploring Jesus and Who He is for us. When the Holy Spirit points to a part of our life that is not working, He is not pointing out our sin. He is not exposing us; He is manifesting the Father. He is exposing the warmth, the beauty, and the radiance of Who God is for us. He is also pointing out the site of our next miracle of grace. He is indicating our next transformation.

Conversion of our thinking to God's thinking, is the crucial element in all transformations. The Father has dealt with sin once and for all in Christ. Now He is dealing with life in all its beauty, grace, and power.

We are learning the art of thinking powerfully. We are becoming engaged more fully with the mind of Christ. Jesus exposed Himself to the wonder and majesty of the Father. He lives in that place of radiant light. Whatever He heard, He spoke. Whatever He saw, He did. It was His sustenance—more important than meat or drink.

MANIFESTING YOUR SPIRIT

» by Graham Cooke

Spiritual warriors manifest their sections in the section of the se

GRAHAM COOKE

Spiritual warriors manifest their spirits in God by leading a faith-filled life of positivity and rejoicing. Warriors know that God is working within them and that whatever they need will be manifested (made real) in their spirit as they continue to exercise faith and dependence in the Lord.

Manifesting Your Spirit demonstrates how not to compromise your oneness in Christ, and therefore know, and own, your true identity. This book will show you how to live in commitment and will empower you to break through your limitations. This will be your guide to establishing a new nature, mindset, and spiritual reality in Christ.

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Before we can manifest our spirit in the circumstances of life, we must become fully exposed to God's light within and over our own minds and hearts. We are not asked to engage with a negative. We are requested to become fully absorbed with the life of Christ.

COLOSSIANS 3:1-4

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

COLOSSIANS 2:9-15

For in Him all the fullness of Deity dwells in bodily form, and in Him you have been made complete, and He is the head over all rule and authority; and in Him you were also circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ; having been buried with Him in baptism, in which you were also raised up with Him through faith in the working of God, who raised Him from the dead.

When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him.

ROMANS 6:5-11

For if we have become united with Him in the likeness of His death, certainly we shall also be in the likeness of His resurrection, knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin; for he who has died is freed from sin.

Now if we have died with Christ, we believe that we shall also live with Him, knowing that Christ, having been raised from the dead, is never to die again; death no longer is master over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus.

2 CORINTHIANS 5:14-21

For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.

Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer.

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation. Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God. He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

Our goal is to become the righteousness of God in Christ. We are focused on holiness, not sin. We are engrossed with the new nature of Christ, not the old nature that is dead. So, if a man has a problem with lust, he does not deal with it as a negative. He does not engage with it, receive counsel for it, learn to overcome it. He has lust because He is missing something about himself. He has not understood nor experienced his purity in Jesus. He has not fully engaged with righteousness.

He does not deal with lust, he engages with purity. He renounces the old behavior and submits to the power of the new nature with the amazing help of the Holy Spirit. We confess the old nature is dead. In prayer we are cut off from old behavior, and we begin to soak in the holiness of God. As we engage with a new mindset, our behavior becomes fully new; and we develop the joyful habit of purity. Our mindset becomes new. Actions follow thoughts. New mindset, new behavior—the essence of transformation.

All the time we are engaging with what we are not, our mind has no possibility for transformation. The art of powerful thinking lavishes itself on the personality and provision of Jesus. As He is, so are we. We become fully absorbed in the name and nature of Christ. We enjoy the journey. We are fully engrossed in Who He is for us. We are grateful

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June 25-28, 2014

at Crowne Plaza Hartford-Cromwell in Cromwell, Connecticut Register online at www.christianhealingmin.org

Ighte 2014

renew. restore. refresh

Join speakers Judith MacNutt and Graham Cooke, along with worship leader Kelanie Gloeckler and the CHM team for CHM's annual conference in the Northeast. This event is designed to equip and empower the body of Christ through powerful teachings, spirit-led worship, healing prayer, and small group fellowship.

Thinking Powerfully....cont. from page 8

when the Holy Spirit points to a part of our life that is not working. Hope rises within us. It's time for change, and all transformations start with a superb thought about God and Who He is for us. It's exciting, energizing, and compelling in its beauty. It is the loving restoration to a higher glory. It is important to be thrilled about change, to love the learning. Process is a happy event! We are putting on Christ and experiencing heaven on earth as part of the process. Joy is at the heart of all our God encounters. Love is the result of His smile upon us. We are free to change, free to think incredible thoughts about ourselves in the fullness of Who God is for us.

In the place of His deep affection, we cannot feel unworthy. We are accepted in the Beloved. (Ephesians 1:6) Being loved of God is therefore our starting point for transformation. There is no performance here, no earning of love or grace. It is the place where we stand and relax in His goodness.

We learn to be, before we start to do. It is vital that the Father washes over us. The right word will cleanse us. The wrong one makes us feel soiled. That's how we know when the Lord is speaking through someone. If there is no encounter with goodness, then it is not God; and we must continue listening. It is the goodness and the kindness of God that leads us to repentance.

Repentance is thinking again, having a better thought. It is a key part to transformation—renewing our thinking. All thinking must be rooted in God's goodness and kindness. Change is so much more enjoyable when we begin with the desired outcome and work back to our present condition. A pathway opens up in the loving-kindness of God. The future is never in doubt when we observe it through the lens of God's perspective in Christ. We think of it in the same way that He does. We run towards it as David ran towards Goliath. He did not see a giant; he saw the majesty of God and ran to meet it. He engaged with God, not Goliath. There was no possibility of defeat. Goliath would go the same way as the lion and the bear. The enemy is defenseless against the majesty of God. When we become vulnerable to the same glory, we are strengthened through the intimacy of our encounter. Our intimacy, in turn, intimidates the enemy.

When God is the object of our thinking, the power that flows from a renewed mindset increases our relationship with Him; and we are radically changed.

*This article is an excerpt from Graham's book Manifesting Your Spirit.





GRAHAM COOKE

Author, founder of Brilliant Book House and Brilliant Perspectives. Visit www.brilliantperspectives.com for Graham's blogs, teachings and event calendar.

Q&A....cont. from page 4

(Judith) I think at the heart of it, there is a loneliness that we've never seen before. We have become so fragmented in our families and in our societies that there is a deep loneliness present. We are created for relationship and there is a lack of intimacy in our families, friendships, and culture. Not knowing God as our creator leads to broken families, broken marriages, other broken relationships, then to loneliness, then to depression.

What about praying in proxy for someone? If you pray for someone who isn't there, does it work?

(Francis) Yes. People often aren't satisfied with this answer but the basic principle is "do what you can." People want something definite but that's not always possible in certain settings. Often the situation is not ideal, but you do what you can and God shows up.

(Judith) Our intercessory prayer program is a perfect example of this working. We have over 500 intercessors around the world and we process over 100,000 prayer requests a year. All we do is send our intercessors the individual's first name and what they have requested prayer for. We get an extraordinary amount of reports of healing. It is not as satisfying for us, obviously, because we love to lay hands on people and pray with them. But as Francis says, "do what you can."

In the temple, Jesus' anger was considered 'righteous' and not sinful. If anger can be righteous, how can we determine when it is sinful?

A (Judith) Righteous anger is what Jesus had when he was defending a person, correcting an injustice, or challenging a corrupt system. His anger was always working to change an injustice. But anger crosses that line when we use it against someone or something instead of using it for positive change. It is the Holy Spirit who grabs us and gets our attention when we are doing something that is leading us into sin, so when we are sensitive to His leading, then the answer to this question is obvious. Remember that anger is not the problem; it is the action that follows—what we do with our anger—that can be sinful. The question to ask yourself when you respond in anger is, "Is this action going to result in the advancement of the Kingdom of God, or will it result in the opposite?"

FRANCIS & JUDITH MACNUTT

Co-founders of CHM.



PORNOGRAPHY AND ITS ADDICTION

DREW EDWARDS

INTRODUCTION by Kathi Smith, Senior Editor

Dr. Drew Edwards is a nationally known healthcare researcher, author, clinician and consultant. He is also a forensic expert in the neurobiology of addictive disease. We have the privilege of having him on CHM's board of directors. His expertise in the area of addictions has been such a blessing to our staff and prayer ministers. He has taught numerous times at our Schools of Healing Prayer® and has published many articles on addiction. We have asked him to share a clinician's understanding of pornography.

 $oldsymbol{\mathsf{T}}$ he major civilizing force in the world is not religion, it is sex. -Hugh Hefner, Founder of Playboy

Blessed are the pure in heart, for they shall see God.

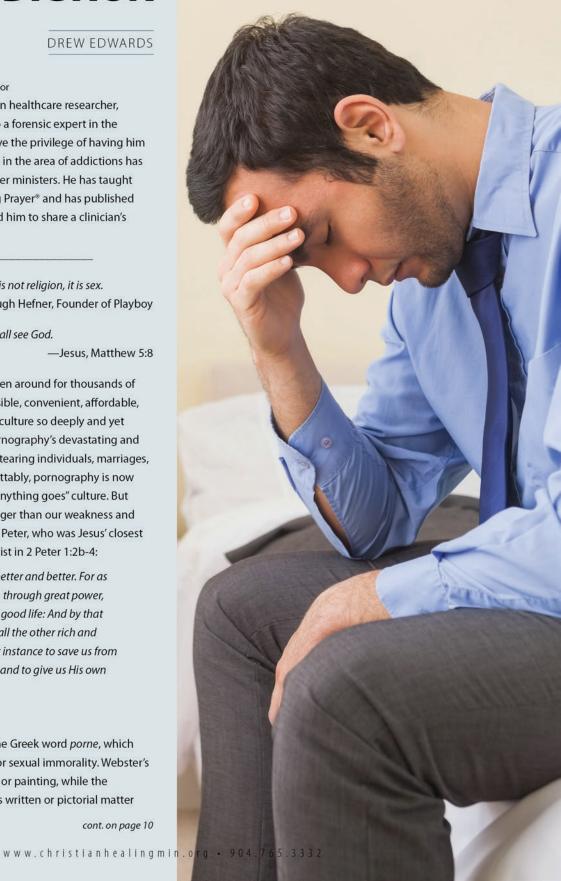
-Jesus, Matthew 5:8

Pornography is nothing new. It has been around for thousands of years. The fact that it is now readily accessible, convenient, affordable, anonymous, and has penetrated popular culture so deeply and yet seemingly so easily, is cause for alarm. Pornography's devastating and corrupting impact on the human heart is tearing individuals, marriages, families, and our social fabric apart. Regrettably, pornography is now commonplace in our sexually liberated, "anything goes" culture. But we do not lose faith, because God is stronger than our weakness and any temptations we will face. The Apostle Peter, who was Jesus' closest friend, proclaims the hope we have in Christ in 2 Peter 1:2b-4:

...Then know how to know him better and better. For as you know him better he will give you, through great power, everything you need for living a truly good life: And by that same mighty power He has given us all the other rich and wonderful blessings He promised; for instance to save us from the lust and rottenness all around us and to give us His own character. (Living Bible)

PORNOGRAPHY DEFINED

The word pornography comes from the Greek word porne, which means harlot, female captive, prostitute, or sexual immorality. Webster's definition is obscene or licentious writing or painting, while the American Heritage Dictionary defines it as written or pictorial matter



Pornography....cont. from page 9

intended to arouse sexual feelings. In the New Testament there are 26 specific references to *porne* or sexual immorality. The Apostle Paul reminds us of the danger of sexual sin:

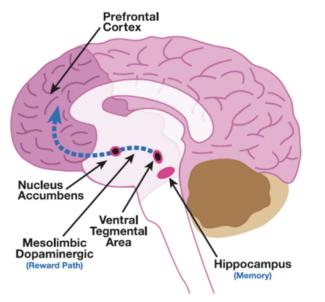
Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these. —Colossians 3:5-8

Jesus radically raises the bar in regards to adultery, to include lust. But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. Matthew 5:28

Lust is looking at, or thinking about another person as a sex object rather than one made in God's image. Jesus wants us to realize that both the act of adultery and lust for another person are sinful. He calls us to view all human beings as persons of worth and value. For men, we are to honor and respect women, not use them for our sexual fantasies or personal gratification. Clearly pornography is antithetical to the teaching of Jesus.

THE BIOLOGY OF ADDICTION

Medically speaking, addiction is brain disease. We have the imaging technology to observe and measure changes in the brain function of addicts. The specific area of the brain affected by drugs, alcohol and porn is the mesolimbic dopaminergic pathway. Often referred to as the "pleasure pathway," it is located in the midbrain and regulates the neurobiological processes essential to our survival via our perceptions and emotions. Dopamine is a neurotransmitter (brain chemical) that produces feelings of both pleasure and reward in the brain. Eating, drinking and sex are the primary survival drives in all mammals. For example, when we are hungry our interests narrow. If food is not forthcoming, we become preoccupied and then obsessed with attaining food. Nothing else matters to a starving person.



When food is consumed, dopamine is released and the hunger switch is turned off and we quickly return to homeostasis or normal functioning. Addiction hijacks or fools the brain's reward system. Addicted people have a narrowing of interests, become preoccupied and eventually obsessed with attaining their "drug of choice." It becomes a singular focus. All other interests and goals become secondary and their lives become unraveled, unmanageable and out of control. Like drugs and alcohol, pornography produces similar neurobiological changes in the brain.

THE BRAIN HIJACKING PROCESS

God created men and women differently. A man's sexual response is almost always initiated visually. Pornographers know this and have created a billion dollar industry by seducing men. Accordingly, the following section deals exclusively with the male response to pornography. When a male sees a pornographic image or video, especially the high definition sex videos, his brain and body respond as if he were seeing the real thing. Neuroscientists call this reaction "mirroring." In plain language, mirroring allows the user to not only view pornography, but also to physiologically, emotionally, and mentally participate in the sexual experience. This occurs via a complex cascade of biological changes. Viewing pornography increases both testosterone and dopamine levels in males. It then creates heightened sexual interest, sexual tension and lust—and while these are subjectively pleasurable, they are not satisfying. In a state of heightened sexual arousal the porn user will surf the net (sometimes for hours) until he finds a sex scene or porn star to complete his sexual cycle. Biochemically, orgasm is the result of a very large dose of endogenous dopamine, which in turn, releases a bolus dose of endogenous morphine into his pleasure center. Nothing comes close to this feeling. This dose of "morphine" also shuts down the anxiety and stress producing mechanisms in the amygdala, a small structure in the midbrain.

Simply stated, pornography delivers intense sexual arousal and orgasm independent of love, affection or a sexual partner. As a Christian, let that sink in for a minute. A man can experience the highest level of physical pleasure by looking at his computer. No disease, no fear of pregnancy, no prostitute, no relationship, and it is virtually free and almost always anonymous.

LONG-TERM EFFECTS

Because porn produces an intense physiological and emotional response, a neuropathway is created. By repeated exposure to porn, the pathway become deeper, wider and harder to ignore. As a result it is easily provoked or triggered. The sights and sounds of porn are embedded on the brain like a virus on a hard drive that cannot be erased. These images are easily recalled and produce arousal and lust. Research shows that when teenagers or young men view pornography regularly, they are more likely to:

- Begin sexual activity, including intercourse, earlier than sameage cohorts
- · Believe that promiscuity is normal and harmless
- Believe that the most gratifying sexual satisfaction is possible without love or true affection
- · Believe that being married and having a family are undesirable
- · Believe that marriage is sexually confining
- · Develop sexual compulsions and addictive behaviors
- · Believe that deviant sexual practices are common and normal

A SPIRITUAL DISEASE

Like a parasite, pornography attaches itself to our God-given desire for intimate communion with another person in the form of marriage. This healthy desire for relationship is what Jesus himself placed in us before the beginning of the world. Nothing less than this kind of pure love will ever satisfy our true desire. Pornography will never satisfy the God-given desire for real love.

God made us for His pleasure. His desire is be close to us, but even more importantly, He wants us to know Him and His perfect love. Pornography is a counterfeit form of this love. It contaminates and overwhelms people with lies. It denies the fact that true love and communion within the covenant of marriage exists at all. Satan whispers, "God is lying to you and keeping secrets and real pleasure from you."

Our struggle is not with flesh and blood, but with the spiritual enemy of God who wages war against our souls.

-Ephesians 6:12

THERE IS HOPE

- If you or someone you know is struggling with an addiction to pornography:
- Surrender your life to God, acknowledge that you need God's help, and that you are unable to get healing from this issue alone. Remember this sin thrives in secrecy and isolation.
- · Acknowledge the sin and ask God to forgive you.
- Forgive yourself and ask God to cleanse your thoughts, memories and feelings.
- Ask God to change the things that you desire, changing them to his desires for you.
- Address those things that trigger lust and remove them from your life.
- Talk about your struggle and be accountable to someone you trust, someone you care about and someone whom you know cares about you.
- When you speak with that person, you need to be open and honest with them, and then ask them to hold you accountable in your areas of weakness.

- When you are tempted, respond by fleeing and removing yourself from the situation. Ask your accountability partner for help.
- Seek counseling from a Christian counselor with experience in pornography addiction.
- Seek intercessory and healing prayer to remove any spiritual strongholds and unhealthy soul ties.
- Address unresolved wounds and resentments from your past (inner healing and forgiveness prayers).

On a personal note, I am very grateful to Christian Healing Ministries for having the courage and faith to battle the darkness of addiction through fervent prayer and fearless teaching. I now understand that when Jesus said he came to "set the captives free," one of the things he was talking about was spiritual bondage of addiction. We press on, remembering the words of our Lord Jesus: "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."—John 16:33

DREW EDWARDS

Nationally known healthcare researcher, author, clinician and consultant, he also serves on CHM's board of directors.



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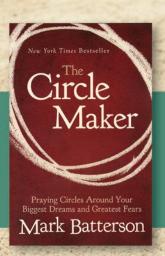
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HEALING THE WOUNDS OF DIVORCE

LINDA STRICKLAND

"My heart was pounding wildly inside my chest as I climbed the stairs and entered the sparsely furnished one bedroom apartment that was to be my home. It smelled of stale cigarette smoke, the windows were in need of cleaning, and the carpet was very worn in spots. The small space felt uncomfortable and uninviting. How did I get to this place? After thirty years of marriage, five children, and a twenty-year career of Christian ministry why was I living alone in an ugly apartment building? The feelings of despair, anxiety, and disorientation were enormous as I sat on the worn-out sofa and tried to reconstruct the events of the past several months. I prayed to die rather than spend the remainder of my life in so much mental, spiritual and physical trauma. Divorce felt like a total devastation and desolation." (From her book, Healing the Wounds of Divorce, by Barbara Shlemon).

Navigating loss on any level is difficult, but the loss of a significant relationship, especially that of a spouse through divorce, can be emotionally devastating. To quote a newly divorced woman I ministered to, "Divorce is a death and a dying. It's a death with no closure, and a dying that seems to go on and on."

Most of us were taught how to enter relationships, but we were not taught how to end them. Unless you have had multiple marriages and divorces you do not have a frame of reference for how to deal with it when it happens to you, especially if you have been married for a long time.

On an average, 18,000 divorces take place every week in the United States. That means that more than 2 million people experience divorce each year. With these kinds of numbers, Christian Healing Ministries recognizes the enormous need for ministering to those who have been wounded by this often-traumatizing experience. In our School of Healing Prayer® Level II we have a teaching devoted specifically to understanding and ministering to people with wounds of divorce. Although society accepts divorce more readily, it still produces devastating effects on couples, children, extended families, friends and churches. In prayer ministry it is essential to be familiar with the often unexpected and difficult process of healing following a divorce.

THE PROCESS OF HEALING FOLLOWING DIVORCE

When ministering to someone following a divorce it is important to realize that they may still be in denial, a common first reaction to divorce. They may pretend the divorce never happened or downplay its importance. It is much like physical shock after an accident; the body shuts down until it can better deal with the pain. It is important to note that at this stage they may not be ready for healing prayer. They may need individual counseling with clergy or a professional counselor first. Counseling can help them come to terms with the pain as the initial shock of the divorce wears off.

FEELINGS AND EMOTIONS

Emotions have a lot of energy attached to them, so the process of walking through these feelings and emotions can be a difficult and often painful experience. Creating a safe and loving environment for this process is extremely helpful and can even encourage the process to move more quickly than it might have taken otherwise. Here are some common feelings and emotions:

Sadness

A divorced person may seem inconsolable, especially in the beginning. The truth is their heart is broken, and your only role (at this point) may be just to hold them and let them cry.

Abandonment

One of the top fears we have is being abandoned. Following a divorce, people often say they feel deserted, discarded, forsaken, cast off or tossed aside.

Rejection

Feeling rejected is a devastating component of divorce trauma. A sense of not being wanted can be a blow to one's self-esteem.

Loneliness

The human heart was created for connectedness, and when the person you have felt most connected to is out of your life, it can be devastatingly lonely.

So much of the pain of divorce is the pain of loneliness. The danger of loneliness is that some people will make bad choices to fill the emptiness in their heart, so they may also need to deal with the consequences of those bad choices.

Failure

We live in a society that prides itself on granting personal freedom of choice, yet somehow divorce seems to always trigger feelings of failure.

Guilt and Regret

The person you are ministering to may be the one who initiated the divorce, and now that they are divorced they find themselves in a place of regret or guilt for breaking up their family.

Shame

In his book, *Healing the Shame that Binds You*, John Bradshaw describes shame as: "A rupture of the self within the self. It's like internal bleeding. A shame-based person will guard against exposing their inner self to others, but more significantly, they will guard against exposing their self to their self. There is shame about shame."

When someone feels this way they tend to withdraw from society.

Many Christians who are going through divorce will stay away from

church rather than reaching out to the church for help because of embarrassment and fear of judgment.

Fear

Barbara Shlemon candidly shares in her book how the fear she experienced as she was in the process of healing from her divorce often caused her to think she was physically sick. "Feelings of fear crept over me like a suffocating blanket. I could be walking in the mall, driving down the highway, or talking with a friend and suddenly become gripped with terrifying anxiety. The palms of my hands would begin to sweat, my heart would race, my chest felt tight and I became light-headed. The frequency and duration of these panic attacks made me believe that I was physically ill. However, subsequent medical tests did not substantiate my diagnosis. 'Have you recently been experiencing unusual amounts of stress?' inquired the examining physician. 'Yes, doctor, I'm going through a divorce.' He explained the current research data that unquestionably places divorce at the top of the stress scale." It has been documented that psychosomatic illnesses (which is the wear and tear of the mind and emotions on the physical body) affects approximately 90% of the patients seen in a doctor's office.

Anger

Anger is a very common emotion following a divorce, but many people do not know how to express what they are feeling. Barbara Shlemon addressed this emotion by saying, "It was necessary for me to overcome the belief in my formative years (in home and school) that anger was wrong, bad, unacceptable and unladylike. I had to teach my inner self that anger is a healthy, important and life-giving feeling. The first time I said, 'I am feeling angry' to another person was a big step toward wholeness. I now know feelings of anger are an appropriate response to the trauma of divorce. When the entire course of one's life is re-directed with the rupture of a primary relationship, becoming angry is a sign of emotional health! However, giving reign to these feelings through rage and violence is not acceptable."

Grief

People will often say that divorce feels like a death. I have a friend who told me that when her divorce was final, it felt like someone had died, except all of the corpses were still walking around. According to recent studies, the physical and emotional costs of divorce can be higher than those imposed by a spouse's death. Many divorcees say that they would rather be widowed because death does not carry the social stigma and feelings of failure that divorce does. Unlike a death, where there is a funeral, family and casseroles, the person tends to grieve all alone.

People will sometimes have conflicted emotions. For instance, in one day they may feel relief, sadness, happiness, and despair. Talking about their emotions will often bring calmness, and help them to feel in better control. Then they can begin to process their loss through

Wounds of Divorce....cont. from page 13

healthy grief. As prayer ministers, one of the most loving things we can do is to acknowledge a person's pain and suffering; to tell them that what they are feeling is normal.

AREAS THAT MAY REQUIRE SPECIAL ATTENTION Judgments

More than likely, many judgments have been made during the course of the divorce. Whether these judgments were made by the couple on each other, by the in-laws, by their children, their friends or even their church, it is important to acknowledge the judgments and ask the Lord to cut them free from these judgments.

Inner Vows

As a result of the pain, many people will make an inner vow (a promise to their self) in order to guard against feeling the pain again. Some examples might be: "I will never love again. I will never marry again. I will never trust again." Vows carry significant power in the spiritual realm and it is important to deal with those in prayer.

Forgiveness

For healthy divorce recovery to take place, it is important for a person to feel all of the feelings associated with the loss. Many Christians, in particular, try to skip over all the uncomfortable feelings by jumping into forgiveness too soon. By doing this they bury their emotions and never process their pain. On the other hand, some people allow themselves to wallow in self-pity and endless recounting of offenses to the point that they never let go of the desire to punish or get even. Both of these scenarios can be equally harmful. At some point the person must make a conscious decision to forgive so they can begin to live again.

Identity

When people divorce they are no longer part of a couple, so their identity changes. Some people no longer feel comfortable in social settings with couples. I have heard people say, "He (or she) got custody of our friends. I now have no one. I don't even know who I am anymore." As a result many people will withdraw and become isolated. As prayer ministers we have the great joy of reminding them that their first identity is in Christ Jesus. God created them and has a purpose for them. Once this is re-established they can work on rebuilding their identity and reconnecting in community, in their family and in their church.

cont. on page 17



Join speakers Judith MacNutt and Graham Cooke, along with worship leader Kelanie Gloeckler and the CHM team for CHM's annual women's conference in Jacksonville, Florida. This event is designed to create an environment where women of all ages can seek God together, experience personal healing, and go deeper in the things of God.

WHO IS THE THIRD PERSON OF THE TRINITY

NICKY GUMBEL

had a group of friends at university, five of whom were called Nicky! We used to meet for lunch most days. In February 1974, most of us came to faith in Jesus Christ. We immediately became very enthusiastic about our new-found faith. One of the Nickys, however, was slow to get going. He didn't seem excited about his relationship with God, with reading the Bible, or with praying.

One day, someone prayed for him to be filled with the Spirit and it transformed his life. A great big smile came across his face. He became well-known for his radiance—he still is, years later. From then on, if there was a Bible study, a prayer meeting, or a church in reach, Nicky was there. He loved to be with other Christians. He became the most magnetic personality. People were drawn to him and he helped many others to believe and to be filled with the Spirit in the way that he had been.

What was it that made such a difference to Nicky? I think he would answer that it was his experience with the Holy Spirit. Many people know a certain amount about God the Father and Jesus the Son. But there is a great deal of ignorance about the Holy Spirit. Some old translations speak of the "Holy Ghost" and this can make him seem a little frightening.

The Holy Spirit is not a ghost, but a person. He has all the characteristics of personhood. He thinks (Acts 15:28), speaks (Acts 1:16), leads (Romans 8:14), and can be grieved (Ephesians 4:30). He is sometimes described as the Spirit of Christ (Romans 8:9) or the Spirit of Jesus (Acts 16:7). He is the way in which Jesus is present with his people.

What is he like? He is sometimes described in the original Greek as the parakletos (John 14:16). This is a difficult word to translate. It means "one called alongside"—a counselor, a comforter and an encourager. Jesus said the Father will give you "another" counselor. The word for "another" here implies "another of the same kind." In other words, the Holy Spirit is just like Jesus.

I want to look at the person of the Holy Spirit: who he is and what we can learn about him as we trace his activity through the Bible from Genesis 1 right through to the Day of Pentecost. Because the Pentecostal movement began about a hundred years ago, it might be tempting to think that the Holy Spirit is a relatively new phenomenon. This is, of course, far from the truth.

HE WAS INVOLVED IN CREATION

We see evidence of the activity of the Holy Spirit in the opening verses of the Bible: "In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of



Third Person....cont. from page 15

the deep, and the Spirit of God was hovering over the waters" (Genesis 1:1–2). Like a bird hovering over her nest, waiting, the Holy Spirit was about to bring something new into being. The whole Trinity was involved in creation (John 1:3).

We see in the account of the creation how the Spirit of God caused new things to come into being and brought order out of chaos. He is the same Spirit today. He often brings new things into people's lives and into churches. He brings order and peace into chaotic lives, freeing people from addictions and from the confusion and mess of broken relationships.

When God created human beings, he "formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being" (Genesis 2:7). The Hebrew word implied for breath here is *ruach*, which is also the word for "Spirit." The *ruach* of God brings physical life to humanity formed from dust. Likewise, he brings spiritual life to people and churches, both of which can be as dry as dust.

Some years ago I was speaking to a clergyman who was telling me that his life and his church had been like that—a bit dusty. One day, however, he and his wife were filled with the Spirit of God. They found a new enthusiasm for the Bible, and their lives were transformed. His church became a center of life. The youth group, started by his son who had also been filled with the Spirit, experienced explosive growth and became one of the largest in the area.

Many are hungry for life and are attracted to people and churches where they see the life of the Spirit of God.

HE CAME UPON PARTICULAR PEOPLE AT PARTICULAR TIMES FOR PARTICULAR TASKS

When the Spirit of God comes upon people something happens. He does not just evoke a feeling of inner peace. He comes for a purpose, and we see clear examples of this in the Old Testament.

He filled people for artistic work. The Spirit of God filled Bezalel "with skill, ability and knowledge in all kinds of crafts—to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood, and to engage in all kinds of craftsmanship" (Exodus 31:3–5).

It is possible to be a talented musician, writer or artist without being filled with the Spirit. But when the Spirit of God fills people for these tasks their work often takes on a new dimension. It has a different effect on others. It has a far greater spiritual impact. This can be true even where the natural ability of the musician or artist is not particularly outstanding. Hearts can be touched and lives changed. No doubt something like this happened through Bezalel.

He also filled individuals for the task of leadership. During the time of the Judges, the people of Israel were often overrun by various foreign nations. At one time it was the Midianites. God called Gideon to lead Israel. Gideon was very conscious of his own weakness and asked, "How can I save Israel? My clan is the weakest in Manasseh, and I am

the least in my family" (Judges 6:15). Yet when the Spirit of God came upon Gideon (v.34), he became one of the remarkable leaders of the Old Testament.

In leadership, God often uses those who feel weak, inadequate and ill-equipped. When they are filled with the Spirit, they become outstanding leaders in the church.

When Dr. Martin Luther King, Jr. was arrested for the first time in the 1950's, he was charged with driving 30 mph in a 25 mph zone in his hometown of Montgomery, Alabama. This petty arrest was the climax of a season of sustained harassment by a racist police force. Authorities in Montgomery wanted to do everything possible to quench the fire lit by the Montgomery bus boycott, the first event of the civil rights movement. The boycott, aimed at ending segregation on the city's buses, had been organised by the Montgomery Improvement Association (MIA), of which King (a prominent clergyman in Montgomery) was president. After his arrest, King was released the same night. He returned home exhausted, but the phone rang immediately. It was yet another death threat.

Unable to sleep, King made some coffee and sat down at the kitchen table. "I was ready to give up," he said. He was on the verge of quitting his presidency of the MIA, recalling later, "I felt myself growing in fear." But as he sat there, his face buried in his hands, he felt compelled to pray. "Something said to me, 'You've got to call on that something your daddy used to tell you about, that power that can make a way out of no way." King prayed, "Lord, I'm down here trying to do what's right. But I must confess that I'm weak now, I'm faltering. I'm losing my courage." At that moment King heard God's voice urging him to fight on. "He promised never to leave me." King was already a clergyman and preacher, and a doctoral student in theology. But it was only there in that kitchen in 1956 that "[he] experienced the presence of the Divine as [he] had never experienced Him before." From then on King said, "My uncertainty disappeared," and, "I was ready to face anything."

It was the Holy Spirit whom King experienced that night in the kitchen: "the power that can make a way out of no way."

Elsewhere, we see the Holy Spirit filling people with strength and power. The story of Samson is well-known. On one occasion, the Philistines tied him up by binding him with ropes. Then, "The Holy Spirit of the Lord came upon him in power. The ropes on his arms became like charred flax, and the bindings dropped from his hands" (Judges 15:14).

What is true in the Old Testament physically is often true in the New Testament, and in our lives today, spiritually. It is not that we are physically bound by ropes, but that we are tied down by fears, habits or addictions which take a grip on our lives. We are controlled by bad tempers or by patterns of thought such as envy, jealousy or lust. We know that we are bound when we cannot stop something, even when we want to. When the Spirit of God came upon Samson, the ropes

Wounds of Divorce....cont. from page 14

Generational Healing

If the divorced person comes from a family where divorce has been prevalent, it is important to ask God to break the generational predisposition in their family lines, and to free the family from the effects of divorce.

Children of Divorce

It is important to consider that the person coming in for ministry may be the adult child of divorced parents who never processed the divorce or received healing for their wounds. When people divorce, their children go through the divorce as well, and for them the trauma can produce lasting effects and even scars. Some of the wounds of divorce that children need healing for are (ironically) the same as their parents: guilt, rejection, shame, fear, anger, grief, etc.

RESTORATION

At the end of her book, and after her long journey of healing following her divorce, Barbara Shlemon concludes with these words of promise, "The pathway toward recovery from a broken marriage is marked with countless twists and turns along the road. Often we seem to take three steps forward and four steps back with strong emotions threatening to jeopardize the trip. At each juncture on the trail we can choose to let go of the past and move on with life or stay stuck with feelings of hopelessness, regret and sorrow. Letting go means trusting God's unconditional and never failing love in the midst of confusion and doubt. The entire Bible is a testimony to God's faithfulness to His promises toward those who trust in Him. No matter how the Israelites strayed from His loving care, Yahweh was constantly reaching out to them."

Isaiah 61 is a beautiful passage of scripture packed full with the promises of God, and the following portion exemplifies the restorative nature of God. Since Israel has been called an unfaithful wife in the past, to see her restoration compared to the joyfulness of a wedding seems not only appropriate, but poetically healing to those who have been wounded by divorce.

They will rebuild the ancient ruins and restore the places long devastated; they will renew the ruined cities that have been devastated for generations. Strangers will shepherd your flocks; foreigners will work your fields and vineyards. And you will be called priests of the Lord, you will be named ministers of our God. You will feed on the wealth of nations, and in their riches you will boast.

Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.

For I, the Lord, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them. Their

descendants will be known among the nations and their offspring among the peoples. All who see them will acknowledge that they are a people the Lord has blessed.

I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels. —Isaiah 61:4-10

LINDA STRICKLAND

CHM's Associate Director of Ministry and Assistant to Judith MacNutt.



CHM RECOMMENDED BOOK ON HEALING OF DIVORCE



HEALING THE WOUNDS OF DIVORCE

After thirty years of marriage, Barbara Shlemon's divorce was a jolting experience, a tragedy that plunged her into psychological and spiritual isolation. "To feel cut-off, disowned or condemned by the Father adds a heavy burden to a heart already weighed down with sadness," she writes. "Only now can I see it as the beginning of an enriching journey of

self-discovery." She relates how she felt abandoned even by God and how in the midst of the chaos of her life, the Good Shepherd sought her out and bandaged her wounds.

Shlemon shares her healing process and offers seventeen short chapters dealing not only with such issues as children, finances, and relatives, but also with spiritual concerns such as fear, guilt, and forgiveness. Each concludes with a prayer that enables readers to place their experience, with all its pain and incompletion, before the Lord.

All those who have experienced the pain of divorce, regardless of their age or sex, will find in Barbara Shlemon a sensitive and wise companion. Whether the wounds of divorce are new or old, her faith story will help readers discover the healing compassion of God.

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June

For all Tuesday prayer ministry, be sure to call CHM first at 904-765-3332 to verify there are no cancellations.

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[SCHOOLS OF HEALING PRAYER*]

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IGNITE)

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www.christianhealingmin.org

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Speaker: Judith MacNutt

To register, email dbates@tsm.edu

AUGUST 5-6 » Christian Union Staff Retreat [Northeast, MD]

Speaker: Judith MacNutt

By invitation only

OCTOBER 2-4 » Women's Conference [Richmond, VA]

Speaker: Judith MacNutt

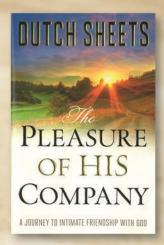
To register, visit www.stlukespowhatan.org

OCTOBER 16-18 » Journey to Healing Retreat, Northern Virginia [Falls Church, VA]

Speakers: Judith MacNutt and Linda Strickland

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» by Dutch Sheets

There's just something about people who are close to God. Through the ups and downs of life, they remain secure, hopeful. If you want a more rewarding spiritual life, if you want the pleasure of knowing your Creator's heart, this soul-lifting book is for you.

Learn from Dutch Sheets as he shares his life lessons for cultivating an intimate relationship with God. Each of the thirty short chapters reveals a simple practice or biblical mindset that will help draw you away from the noise of life and into the Lord's peaceful presence.

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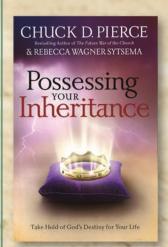
SEEING IN THE SPIRIT

» a CD teaching by Graham Cooke

Snapshots are often unsightly. They can reveal an "in the moment" visual of someone that can be hilarious—or hideous and embarrassing. When we take snapshots of people "by the spirit" they can often reveal more about us than them: our prejudice, the state of our own heart, and our invalid perceptions.

To truly see someone in the Spirit, we need to observe them from a place in God's heart. Seeing in the Spirit is about developing our internal vision of God so that our external perceptions become glorious for the people we are looking at.

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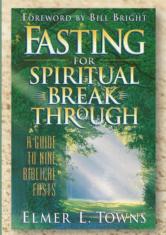


POSSESSING YOUR INHERITANCE

» by Chuck D. Pierce and Rebecca Wagner Sytsema

When Jesus said, "I have come that they may have life, and that they may have it more abundantly" (John 10:10), He demonstrated God's longing for His people to prosper and accomplish all that He has planned for them. God wants to take each of us from a place of judgment, desolation and fruitlessness to a place of restoration, hope and abundant life. In this revised and updated edition of *Possessing Your Inheritance*, you will discover how to take hold of that which God has destined for you, your children and your children's children.

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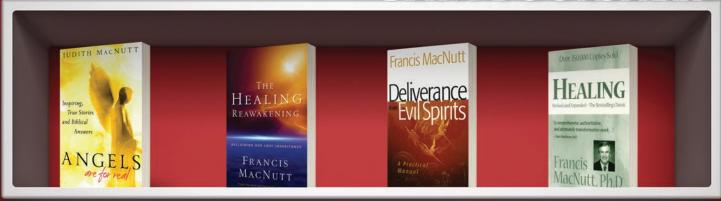
FASTING FOR SPIRITUAL BREAKTHROUGH

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Learn how fasting can strengthen your faith and draw you closer to God, helping you to be a true overcomer in Christ. This book gives you the biblical reasons for fasting, and introduces you to nine biblical fasts—each designed for a specific physical and spiritual outcome.

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Third Person...cont. from page 16

became like charred flax and he was free. The Spirit of God is able to set people free today from anything that binds them.

We experience the Holy Spirit not just so that we have a warm feeling in our hearts, but so that we go out and make a difference to our world. Later on we see how the Spirit of God came upon the prophet Isaiah to enable him "to preach good news to the poor ... to bind up the broken-hearted, to proclaim freedom for the captives and release for the prisoners" and "to comfort all who mourn" (Isaiah 61:1–3).

We sometimes feel a sense of helplessness when confronted with the problems of the world. I often felt this before I was a Christian. I knew I had little or nothing to offer those whose lives were in a mess. I still feel like that sometimes. But I know that with the help of the Spirit of God, we do indeed have something to give. The Spirit of God enables us to bring the good news of Jesus Christ to bind up those with broken hearts; to proclaim freedom to those who are in captivity to things in their lives which deep down they hate; to release those who are imprisoned by their own wrongdoing; and to bring the comfort of the Holy Spirit (who is, after all, the Comforter) to those who are sad, grieving or mourning. If we are going to help people in a way which lasts eternally, we cannot do so without the Spirit of God.

PROMISED BY THE FATHER

We have seen examples of the work of the Spirit of God in the Old Testament. But his activity was limited to particular people, at particular times, for particular tasks. As we go through the Old Testament we find that God promises he is going to do something new. The New Testament calls this "the promise of the Father." There is an increasing sense of anticipation. What was going to happen?

In the Old Testament, God made a covenant with his people. He said that he would be their God and that they would be his people. He required that they should keep his laws. They realised that they were good laws. Sadly, the people found that they were unable to keep his commands. The Old Covenant was consistently broken.

God promised that one day he would make a new covenant with his people. This covenant would be different from the first covenant: "I will put my law in their minds and write it on their hearts" (Jeremiah 31:33). In other words, under the New Covenant the law would be internal rather than external. If you go on a long hike, you start off by carrying your provisions on your back. They weigh you down and slow you up; but when you have eaten them, not only has the weight gone—you also have a new energy coming from inside. What God promised through Jeremiah was a time when the law would no longer be a weight on the outside but would become a source of energy from inside. But how was all this going to happen?

Ezekiel gives us the answer. He was a prophet, and God spoke through him, elaborating on the earlier promise: "I will give you a new heart and put a new spirit in you," he said. "I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in

you and move you to follow my decrees and be careful to keep my laws" (Ezekiel 36:26–27).

Through the prophet Ezekiel, God was saying that this is what will happen when he puts his Spirit within us. This is how he will change our hearts and make them soft (hearts of flesh) rather than hard (hearts of stone). The Spirit of God will move us to follow his decrees and keep his laws.

Jackie Pullinger has spent over thirty years working in what was the lawless, walled city of Kowloon, Hong Kong. She has given her life to working with prostitutes, heroin addicts and gang members. She began a memorable talk by saying, "God wants us to have soft hearts and hard feet. The trouble with many of us is that we have hard hearts and soft feet." Christians should have hard feet in that we should be tough rather than morally weak. Jackie is a glowing example of this in her willingness to go without sleep, food and comfort in order to serve others. Yet she also has a soft heart: a heart filled with compassion. The toughness is in her feet, not her heart.

We have seen what "the promise of the Father" involves and how it is going to happen. Next, he tells us to whom it is going to happen. Through Joel, God says:

I will pour out my Spirit on all people.
Your sons and daughters will prophesy,
your old men will dream dreams,
your young men will see visions.
Even on my servants, both men and women,
I will pour out my Spirit in those days. — Joel 2:28–29

Joel is foretelling that the promise will no longer be reserved for particular people, at particular times, for particular tasks, but it will be for all. God will pour out his Spirit regardless of sex (sons and daughters ... men and women); regardless of age (old men ... young men); regardless of background, race, color or rank (even on my servants). There will be a new ability to hear God (prophesy ... dream ... see visions). Joel prophesied that the Spirit would be poured out with great generosity on all God's people.

Yet all these promises remained unfulfilled for at least 300 years. The people waited and waited for the "promise of the Father" to be fulfilled, until at the coming of Jesus there was a burst of activity of the Spirit of God. With the birth of Jesus, the trumpet sounded, and everyone connected with the birth of Jesus was filled with the Spirit of God.

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NICKY GUMBEL

Bestselling author, husband to Pippa, Vicar of Holy Trinity Brompton Church and pioneer of the well-known Alpha course.



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