

HEALINGLINE

Spring 2015

Fearlessness

Trauma to Transformation

Eating Disorders and Prayer

Healing in Marriage

HEALING LINE

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WHAT'S IN THIS ISSUE

- 3** Q&A WITH FRANCIS & JUDITH
Sit down with the MacNutt's and listen to their time-honored wisdom in answering frequently asked questions about healing.
- 6** FEARLESSNESS
An in-depth look at what it means to be fearless.
- 9** TRAUMA TO TRANSFORMATION
A professional's study on the process of healing from trauma.
- 12** EATING DISORDERS AND PRAYER
Exploring a very prevalent issue of today and how to pray for healing for those who suffer from it.
- 15** HEALING IN MARRIAGE
A celebration of the beauty of marriage.
- 18** CHM CALENDAR
Find out what's going on at the ministry in 2015.
- 20** CHM BOOKSTORE
Take a look at our hand-picked resources for the Spring.
- 21** CHM BOOKSHELF
Featuring the MacNutt's' books and Joy Lamb's *The Sword of the Spirit, the Word of God*.

Letter from the



Dear Healing Line Family,

We celebrate Christ again and again, with renewal, with healing, with transformation, and especially with the new season of spring.

With spring comes new life. We see God's creation resurrecting from winter-worn brown sticks in the ground to beautiful flower-laden bushes. We experience more rain which brings more growth and green outside. With the winter weather changing to spring we even experience a cheerier disposition. What is it? I believe that spring brings with it renewed hope in many areas in our lives.

Here at Christian Healing Ministries, people come to ask for prayer. After we greet them, our first question is, "What would you like Jesus to do for you today?" The shock that registers on many faces is very visible. Some people even feel the need to discuss the question with us. We have hope for healing. We have hope that Jesus will show up, intersect and change current situations for people in their physical and emotional health. We see changes, we hear testimonies and we are expectant! Please bring your prayer requests to our intercessors. Please bring yourselves to our prayer conferences, such as Journey to Healing. Please come to our Schools of Healing Prayer® to learn how to pass on this expectant hope to a world that doesn't yet know about healing.

Some people come to CHM with the tiniest thread of hope. It grows and blooms into a beautiful transformed life when healing occurs. As a gardener, I can look at a brown leafless bush and, aware of its seasonal patterns, I know I can leave it there to experience winter. I expect that with a little pruning job, it will start to bud and grow new leaves and be a healthy, hardy, gorgeous, blooming plant in the spring. Our prayer ministers are like gardeners at CHM. In a prayer session, we do a little bit of pruning. We cut away lies, we prune away bad generational patterns. We look at roots and see if there is anything causing harm to growth. We look at the soil around the person's life. Has it been nourished? We listen, love, pray and bring Jesus to them with the power of the Holy Spirit (better than any Miracle Gro!!) and before you know it, the winter has turned to spring!

Blessings,
Kathi Smith
Senior Editor

KATHI SMITH

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



Q&A^{WITH}

FRANCIS & JUDITH

Q: How do you differentiate between righteous anger and a general (negative) issue with anger?

A: The great thing about being a prayer minister is that we are not here to judge the prayer recipients. The Holy Spirit is the one to do all corrective work on behavior, so first we have to check ourselves as prayer ministers and make sure we aren't judging. Our job at CHM is to pray, so if a person poses the question about anger to us, we can ask for guidance and discernment from the Holy Spirit. We often ask what has caused the anger. There are plenty of scenarios in which anger is an accurate and valid response to an injustice. Anger is often what propels people to work through what they are feeling and get the help that is needed. On the other hand, there are also people who are just generally angry—unhappy people who are walking around looking for somewhere to dump that anger. When someone comes in for ministry and is angry at everything and everyone in their life, most likely they have not identified why they are angry. That kind of anger doesn't seem to serve a purpose, and if not addressed, it can become dangerous and harmful to themselves and others. In the Scriptures, Jesus' anger served a purpose. He got rid of the money changers because they were causing a hindrance in the temple. He was angry with the religious leaders of the day because they were going against God's higher laws of love. He used it to correct situations that were unjust.

Q: Is there a particular prayer that is helpful for someone who has relapsed into substance abuse?

A: We recommend a wonderful book by Dr. Richard Rohr, *Breathing Under Water*. It is one of the best books out there right now on the subject of addiction. As for praying for the relapse,



cont. on page 4

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

praying to get to the root of the addiction is most important. We know that addiction passes down in the generations, so generational prayers are important. We also know that a lot of addiction is rooted in rebellion, so that needs to be addressed. Addiction can also be rooted in trauma. There could be trauma and unresolved pain that needs to be dealt with. In this scenario, prayer for inner healing would address emotional wounding from the trauma. Addicts will often use substances to try and numb themselves in order to not feel their pain. They often make inner vows against feeling anything at all, so breaking inner vows can be necessary. You must target the root. Too often we deal with the surface issues, which provide temporary relief, but it doesn't last long term and the problems often return. That is why we need the wisdom of the Holy Spirit to know where the problem began. No one just gets up one day and decides to become an addict and ruin themselves and the lives of family and friends around them. It happens for a reason, so we must be diligent about getting to the root of the problem and identify how it started. Relapses will unfortunately continue until we deal with the root issues. We have heard of and know about miraculous healings from addictions, but not as commonly as those healed through a journey that takes longer.

Q: If someone in my home is using 'spirit guides' what should I do?

A: If you have someone in your home or family who is involved in any occult practice, there is a battle that is going on to gain ground in the spiritual realm. Obviously, Jesus is stronger and you need to stand on that—but it is a battle. Constantly pray for protection. You must daily put on the full armor of God. Ask God to send His holy angels to help you, to protect you, and to do battle for you. Then, intercede for the loved one(s) who are involved in occult practices. However, make sure you are interceding in a way that you and your spirit will be protected. Mark Twain said, 'keep your friends close but your enemies closer.' You must understand that the enemy has a plan against you; do you have a plan against the enemy? Understand the tactics of the enemy so that you know how to protect and fight.

Q: How do you think video games, TV and movies, computers and time spent on smart phones is affecting our culture?

A: What you behold, you can often become. This is obviously a good thing when we are talking about looking at Jesus. However, when you are spending excessive time in front of TV, video games, etc., that are dark in nature, they will affect you—mind, body and spirit. There are video games that have a strong emphasis on war, violence and killing. Giving these things place in your life plants seeds and opens doors that can have negative and destructive repercussions. You have to consider that when you are spending a lot of time in front of stuff like this; it will influence you. At CHM, we pray for a lot of people who need to be released from these influences. They often say after prayer that they sense a new freedom.

There is a lot of darkness on TV and in movies these days—and the people that are creating them are unfortunately tapping in to very disturbing and dangerous realities. They are not just making up the content. They are actually studying witchcraft and other areas of the occult to get content. That is extremely concerning because our culture is buying in to it and basically giving the demonic an opening into their lives.

There is an unfortunate obsession with darkness in our culture that is growing every day. But at the very heart of our being, each and every one of us, because we are created in God's image and likeness, knows that there is a supernatural realm. We often ignore it and choose not to acknowledge it, but we all know that there is a supernatural being out there. We know that there is a supernatural love that exists. If we cannot get the authentic and genuine thing, which is God, then we will seek out these other avenues. What is interesting, and should be encouraging, is that the seeking is good behavior. The seeking of love and truth is good. Unfortunately it often gets redirected to the wrong channel when we cannot find the authentic. We want to say that just because someone is caught up in New Age or the occult does not mean they are evil. It means they are seeking—and it is our responsibility to give them what is true and authentic. We must bring light, love and truth into the darkness. ✠

FRANCIS & JUDITH MACNUTT

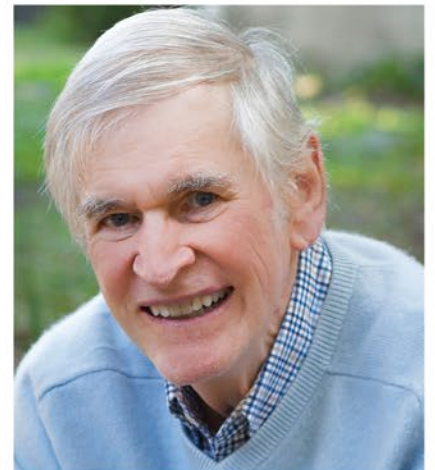
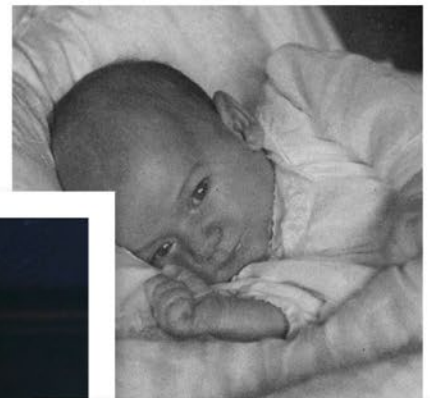
Co-founders of CHM.



Happy **90TH** BIRTHDAY

Francis MacNutt!

In your 65 years of ministry, you have shown us the love of Jesus and what it means to walk with God. We are so grateful for your life and your dedication to teaching and modeling healing prayer. Thank you for passing on the Lord's ministry of healing and reconciliation to future generations! May God bless you!



*The Christian Healing Ministries'
Board, Staff and Community*

FEARLESSNESS

R.T. KENDALL

God has not given us a “spirit of fear” said Paul to the fearful young Timothy (2 Tim. 1:7, KJV). The NIV translates this “spirit of timidity,” which I think misses the real meaning. A person may have a personality tendency to be timid or shy—and probably always will be. Paul is not speaking of a personality tendency. The Holy Spirit does not change our basic temperament. If you were an extrovert or sanguine when you were converted, you will be an extrovert afterward. The same would be true with melancholy, choleric, or phlegmatic type of people.

The Greek word translated “fear” is phobos—from which we get words such as claustrophobia (fear of being closed in). Second Timothy 1:7 may be put alongside Romans 8:15: “For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, ‘Abba, Father.’” Paul here contrasts the spirit of bondage—which comes from living under the Mosaic Law—with our loving heavenly Father. You do not need to be afraid of your heavenly Father or fear you will not come up to His standard. Our Father accepts us as we are, and we don’t have to prove anything to Him, unlike what many fear with their parents.

In any case, a spirit of fear is alien to the Holy Spirit. Dr. Lloyd-Jones used to say, “God never oppresses us.” Satan does. A spirit of fear is a perpetual anxiety that governs a person—worrying that something will always go wrong, that you will displease someone. You are always looking over your shoulder. People governed by a spirit of fear have a constant dread of disapproval. It comes down to this: the fear of man. “Fear of man will prove to be a snare” (Prov. 29:25).

If you are obsessed with what people think of you, this is a spirit of fear; it did not come from God, says Paul. Apparently Timothy was governed by a spirit of fear (1 Cor. 16:10). Paul did not moralize him for this, but merely pointed out that such an attitude did not come from the Holy Spirit. We all have attitudes that come from the flesh, not the Holy Spirit. Even Paul was once so depressed that he “despaired even of life” (2 Cor. 1:8). There is not a single one of us who has not had an off moment—a time we would die a thousand deaths for anyone to see us.



The point is, such feelings do not come from the Holy Spirit. It certainly does not mean we are not Christians; it does not even mean we are not spiritual or pleasing God generally. Were God to hide His face from us—even for five minutes—most of us might get all kinds of thoughts, attitudes that would make the angels blush.

Fearlessness is not courage. Of course one seems to have courage when there is no fear. But you can have courage when you are scared to death. You just press on. We have reason to believe that Martin Luther was filled with great anxiety when he stood before the Diet of Worms in 1521 and said, “Here I stand. I can do no other. God help me. Amen.” He was showing courage.

Fearlessness is when there is simply no fear. I wish I felt this way every day. But I have known this—at times. There is nothing like it. It is when the Dove comes down and the whole landscape changes, like a sunrise that reveals what was hidden in the night. Fearlessness. As the hymn “Like a River Glorious” puts it in verse two:

Hidden in the hollow of His blessed hand,
Never foe can follow, never traitor stand;
Not a surge of worry, not a shade of care,
Not a blast of hurry touch the spirit there.

—Frances R. Havergal (1836–1879)

Fearlessness is a state of mind that can only be achieved by the Holy Spirit. You can’t work it up. You can work up courage. But you can’t make yourself feel no fear. If you have it, admit it; just say, “I’m afraid. I’m anxious. I’m nervous. I don’t know what is happening.” It is no disgrace to feel like that. But when the Holy Spirit comes down, all fear is gone. At least for then. It may not last forever. But when this calm sets in, you know God has come. It’s the real thing. Only the Holy Spirit can bring this about.

One reason the devil cannot produce fearlessness is that he is full of fear himself. He is the embodiment of fear. He is running scared sixty seconds a minute, sixty minutes an hour. He knows that his time is short (Rev. 12:12). The next time Satan reminds you of your past, remind him of his future. All those who oppose us—mark it down—are the ones who are afraid. “Do not fear what they fear” (1 Pet. 3:14). So if you have been given the grace of fearlessness, you have an inner strength for which there is no natural explanation.

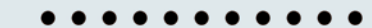
Total fearlessness is what Peter had on the Day of Pentecost. No fear. He was not the slightest bit bothered by thousands of intimidating Jews around him—some of them high ranking. It was

what he later felt when he said to the Sadducees, “Whether it is right in the sight of God to listen to you rather than to God, you must judge, for we cannot but speak of what we have seen and heard” (Acts 4:19–20, ESV). It was what Peter and John felt when they left the Sanhedrin having to pinch themselves that they were chosen to suffer the shame of Jesus’ name (Acts 5:41). It is what Elijah felt when God swore an oath to him: he knew there would be no rain unless God said so (1 Kings 17:1–2). It is what he experienced on the top of Mount Carmel when poking fun at the desperation of the false prophets (1 Kings 18:27).

When you have no fear, you do not need to raise your voice. You will not panic if you think you are losing an argument or lacking the exact words. The greatest freedom is having nothing to prove. This freedom—fearlessness—can only be produced by the Holy Spirit. When this fearlessness has set in, you know it is the Holy Spirit and not you. And when you find yourself governed by fear, accept the plain truth: God did not give you that fear. The flesh or the devil can never manufacture this fearlessness.

These things said, the word fear can be tricky in this discussion. In the days following Pentecost, everyone was filled with fear or awe (Acts 2:43). Strange as it may seem, the same Holy Spirit who imparts utter fearlessness in a person can simultaneously impart an astonishing awe of God. Indeed, the greater the measure of the Spirit in us, the greater will be our genuine fear of God. You will respect God and His Word more than ever. Never forget that the “eternal gospel” is a command: “Fear God and give him glory” (Rev. 14:6–7). The more I love God, the more I fear Him; the greater my measure of the Holy Spirit who instills calm and joy will be matched by the greater my desire to glorify God. ➤

R.T. Kendall, Holy Fire (Lake Mary, FL: Charisma House, 2014), Used by permission.



R. T. KENDALL

An international speaker, minister, and author of over 60 books, he will be speaking at our Ignite conference this summer, June 24-27, 2015.



FOR HE IS FAITHFUL AND JUST TO FORGIVE US AND
CLEANSE US FROM ALL UNRIGHTEOUSNESS.

ignite2015

Faithful & Just

1 JOHN 1:9

June 24-27, 2015

at Crowne Plaza Hartford-Cromwell
in Cromwell, Connecticut

Ignite is 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 group fellowship.

Speakers



Judith MacNutt
Author, teacher,
conference speaker,
co-founder of Christian
Healing Ministries, Inc.



R.T. Kendall
Author of over 60 books,
international speaker
and minister.

Worship



Kelanie Gloeckler
Prophetic worship
leader, song writer

TRAUMA TO TRANSFORMATION

SHERRI S. GRADY, LPCS

It is through the love and wounds of Jesus that we are healed definitively. Jesus, filled with the Holy Spirit and working in collaboration with the power of the Lord is always our model. Jesus' words in Matthew 28:20 are *"And surely I will be with you always, to the very end of the age."* We can do nothing apart from Him.

WHAT IS TRAUMA?

What are we really talking about when using the word **trauma**? Anything that happens to us, or something we witness that is unpredictable, out of our control, and threatens our sense of safety or the safety of those we love can be defined as a trauma. In addition, trauma is also described as the absence of good things or the presence of bad things in our lives as it relates to the nature of our relationships. Did it ever occur to you that Jesus experienced trauma?

Sometime in the first few years of His life, Jesus' parents had to move to Egypt because the ruler at the time was ordering the baby boys to be killed. Their sense of safety was certainly threatened. As He began truly living out His calling, His cousin John, who prepared the way for Him, was beheaded. He was unjustly accused of crimes that He knew would lead to His death. His community rejected Him and saved a ruthless criminal's life instead. He suffered the experience of death on a cross. It was not death on a sickbed with His loved ones around Him; not death in a comfortable place; but the death of a criminal in agony and shame.

Remember, Jesus was fully divine and fully human (Jn 20:31; Jn 1:14; 1 Jn 1:1-4.) He became a man with all the functions of His body, soul, and spirit. Therefore, He would have experienced extreme physical agony as well as shame, betrayal, and rejection within the context of His relationships. He would have experienced what we call a "broken heart."

We too, take the spiritual journey in a human body. When we experience events that threaten our sense of safety, the absence of good things, or the presence of bad things within the context of



cont. on page 10

Trauma to Transformation.....cont. from page 9

relationships, our whole selves are impacted—body, soul, and spirit. We have all experienced trauma at some level in ways that have influenced our belief system, emotions, and responses to God and others. Negative emotions or suffering is not something people enjoy. A principle of human nature is that we seek pleasure and avoid pain. We especially do not revel in being put down, persecuted, oppressed, rejected, or abused.

JOY AND PAIN

Suffering and joy are basic tenets of the Christian life. We know we will have trials in this world. Jesus was very clear in John 16:33: *"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."* When we experience something painful, unjust or violent, it is our natural tendency to try to make sense of it. The way the world typically makes sense of things is by blaming and shaming. (i.e. *It's your fault. There's something wrong with you.*)

We must not try to make sense of things apart from Jesus. We are called and equipped to look to God's word, especially the teachings of Jesus, when looking for wisdom or trying to sort things out. Even if we cannot make sense of something, we are invited to receive comfort from Him by drawing near to Him. When we cannot understand events that have happened, we can look to the One who never changes, whose name is the Prince of Peace. As Hebrews 13:8 promises, "Jesus Christ is the same yesterday and today and forever."

SO...WHAT ABOUT PAIN?

Each of us views the world, ourselves, and others partially through the lens of our life experiences. It is crucial that we learn how to process our experiences alongside Christ and His Truth. The facts of our experiences typically lead us into dangerous territory regarding our conclusions and beliefs.

A common misbelief about God and pain is, "if God really loved me, He wouldn't let me experience pain." It is typical that when we experience trauma, beliefs are usually developed for the purpose of self-protection. Some of the most common ones I hear are, "I can't trust anyone," "It's all my fault," and, "There must be something wrong with me."

When we partner or agree with these beliefs because of our perceived need for survival, then it is natural for some confusion about the concept of dependency. Human relationships will include disappointment, pain, and hurt both unintentionally and intentionally, even in the best of circumstances. How we perceive pain and the resulting conclusions or interpretations we make, both

consciously and subconsciously, about ourselves, others, the world, and God, impact us at every level of our body, soul, and spirit.

God, as our Heavenly Father, intended for us to know that we can experience pain or discomfort and either remain *in* or return to a state of peace. He intended for parents to provide experiences of safety that would set the child's brain to know and understand the nature of a dependable and loving God. This "setting of the brain" is very important because it sets us towards healthy attachment and dependency.

The willingness and capacity to enter into dependency is a crucial aspect of all intimate relationships, especially our relationship with the Godhead. Trauma of any type often generates confusion in the areas of safety and control, which dramatically influences our capacity to be in intimate relationships. When we refer to capacity, we are referring to the capacity of the person's biological brain, non-biological mind, and spirit. Basically, we are referring to the amount of physiological, psychological, and spiritual intensity a person can handle before disconnecting or shutting down in some way. Some define it as a person's "window of tolerance." A primary role we have in our relationship with God is to receive from Him. Receiving may be very difficult when there is confusion about dependency. Healing from the wounds of trauma brings restoration and transformation.

EXPERIENCING HIS PRESENCE - "Be still and know that I am God"

- Psalm 46:10

The original meaning of the word "know" in the verse above goes beyond intellectual knowledge and includes an experiential form of knowing at the emotional or heart level. We are hardwired towards intimacy and interdependency.

Attunement is the process of experiencing peace, love and joy with another being. It is the emotional experience of someone being glad to be with you and being unconditionally loved. The resulting experiences of joy, love, and peace bring a deep sense of security. They are experiences which are congruent with being at rest with oneself and God, being securely attached to God and others, and being loved. These experiences are relational, emotional and nonverbal. This is one of the reasons knowing Truth only at a cognitive level brings limited freedom. Until the "knowing" is experienced at the level of the heart, there is usually a "disconnect" between the head and heart within a person.

In order to experience attunement, it is necessary to "be present" with another. The problem is that it is difficult, if not impossible, to fully experience the present moment while living in the past or the future. Living in the regrets or traumas of the past, or living in the fear or negative expectation of the future, are barriers to being present to God. Attunement with God is our blessing, our

inheritance, and our promise. It is the promise of *Love* that is manifested in healthy attachments.

Being present to God means to occupy a position before Him, with Him, and in Him. Do you realize that you are *being loved all the time* by your Father in heaven? He sees you as He sees Jesus. Therefore, you also are His beloved. Just because you may not “experience it” doesn’t mean it isn’t happening.

God is not expecting us to love Him from our own initiative. He is expecting us to receive His love and then give it back to Him and others. To the very limit of our capacity He asks us to love. God initiates and we respond. Once we have experienced that connection, we are continually drawn back to that relationship out of trust and our own desire.

HEALING PRAYER

As stated earlier, it is by the love and wounds of Jesus that we are healed. He does the work. We trust Him to always be our adequacy. “There is **no fear in love**, but **perfect love casts out fear**” (1 Jn 4:18). In many circumstances, healing prayer is needed in order for people to begin to connect or reconnect with Jesus. Because the experience of trauma threatens our sense of safety, restoring safety becomes of utmost importance in the healing process. Creating a safe environment for people in and of itself can facilitate a level of healing. Soaking prayer is a wonderful form of facilitating a safe, blessed environment. In addition, as prayer ministers listen to the prayer recipient, a message of value is given to the person, which is also a way of creating a safe environment. While there is no “formula” for healing prayer (as it is the role and function of the Holy Spirit), being sensitive to safety is crucial!

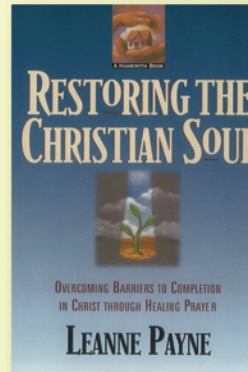
Some of the resulting fruit of healing prayer specifically for people suffering from trauma are:

- The ability to connect to a member of the Godhead *and* experience that union as safe and positive.
- Experience new perspectives about aspects of the trauma, themselves, others, *and* God.
- Truth, clarity and peace are often generated.
- Receive compassion that leads to a willingness to forgive.
- A change of heart.

Typically, people experience the power of empathy when engaged in the process of healing prayer. Shame cannot live or grow in the presence of empathy; Jesus is the ultimate example of empathy for us.

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RECOMMENDED READING FOR TRAUMA TO TRANSFORMATION

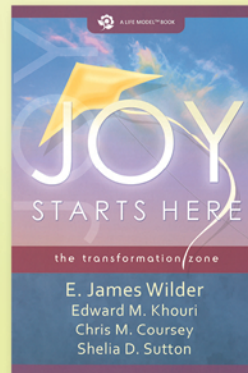


RESTORING THE CHRISTIAN SOUL

» by Leanne Payne

Leanne Payne reveals how to overcome the three great barriers that keep us from becoming whole persons: inability to receive God's forgiveness, inability to forgive others, and inability to accept others.

\$20.00 » Item #B377



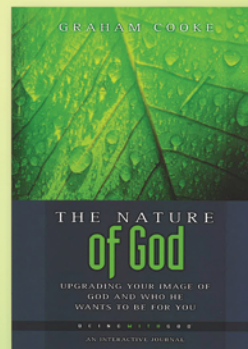
JOY STARTS HERE

» by E. James Wilder, Edward M. Khouri, Chris M. Coursey & Shelia D. Sutton

Joy is a banquet table to which we are all invited. The places are set, and the table is filled with the delightful aroma that satisfies our deepest longing for life-giving connections with God and with others.

There is room at this table for everyone; young and old, weak or strong. So pull up a chair, we've been waiting for you.

\$24.95 » Item #B1488

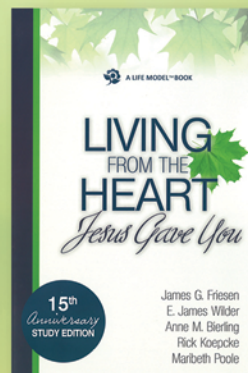


THE NATURE OF GOD

» by Graham Cooke

In *The Nature of God*, Graham Cooke challenges us to look again at our understanding of who God is. God wants us to be confident in Him and in His love for us. Many great men of the Bible went through the experience of receiving a new revelation of who God wanted to be for them, and so must we, if we desire to live a life of faith and conviction.

\$7.00 » Item #B1346



LIVING FROM THE HEART JESUS GAVE YOU

» by James G. Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke & Maribeth Poole


Living From the Heart Jesus Gave You introduces The Life Model as a unifying approach to ministries of substance abuse recovery, counseling, pastoral care, prayer ministry, deliverance, inner healing, child rearing, body life and health.

This edition includes additional resources designed for small group study.

\$21.50 » Item #B744

EATING DISORDERS AND PRAYER

ELLA WALKER HENDERSON, M.A., LPC, NCC



Eating disorders create a common but misunderstood and misjudged problem in our world. Often parents or friends believe someone could recover if they would just eat. Yes, food is a large part of the problem, but it helps to look at food as a symptom rather than the root of the struggle. Eating disorders come in all shapes and sizes and carry a wide range of underlying issues. Education and awareness are important because of the many myths surrounding this problem. By learning more, you can better support and love a person who struggles with an eating disorder. Recovery requires deep healing on many levels.

DIAGNOSES, SIGNS, AND SYMPTOMS

The most well-known eating disorders are anorexia nervosa and bulimia nervosa. Other diagnoses are binge-eating disorder, other specified feeding or eating disorder (OSFED) and unspecified feeding or eating disorders (USFED). All eating disorders must have clinically significant impairment in functioning to be diagnosed.

Anorexia is characterized by low weight, fear of weight gain, self-esteem overly defined by body image, and denial of the significance of the problem. Anorexia includes two subtypes: restricting type and binge-eating/purging type. Most people may mistake binge-eating/purging type of anorexia as bulimia, but the difference is that those who struggle with bulimia maintain a normal weight.

Bulimia includes patterns of consuming large amounts of food at once (binge-eating), followed by behaviors to prevent weight gain (purging), such as self-induced vomiting or excessive exercise to “burn-off” all calories consumed. While binge-eating, the person feels out of control. Bulimia is also characterized by a self-esteem overly influenced by body image. A listing of the warning signs of both anorexia and bulimia can be found on the National Eating Disorder Association’s website, www.NationalEatingDisorders.org.

Binge-eating disorder is similar to bulimia because of the overlap in binge-eating patterns. However, binge-eating disorder lacks the purging behaviors of bulimia. Signs that binge-eating is out of

control can include shame regarding eating habits, eating in isolation, eating when not hungry, and eating past physical comfort. Those who struggle with binge-eating disorder can be of normal weight or higher than average weight. Binge-eating disorder often overlaps with symptoms of depression.

Although not formal diagnoses, orthorexia and diabulimia are two types of eating disorders that can cause clinically significant impairment. Orthorexia involves an obsession with healthy eating or clean eating. Those who struggle with orthorexia seek to eat only the foods they deem pure or high quality. This rigid form of eating can become highly intertwined with an individual's self-esteem, and the person may compare themselves to others and feel self-righteous because of food choices. These patterns become a problem when they begin to interfere with daily functioning and other conflicting values and goals of a person's life.

Diabulimia is a form of an eating disorder only applicable to those with Type 1 Diabetes. The person purposefully reduces his or her insulin intake to lose weight. The medical risks of this disorder are severe. Signs of diabulimia can include signs related to other eating disorders, especially bulimia, in the increased consumption of sugary foods and also lack of weight gain or unexplained weight loss. Also, further signs related to diabulimia are blood sugar records inconsistent with hemoglobin levels and secrecy about blood sugar levels and shots.

UNDERLYING ISSUES

Eating disorders cannot be simplified to one underlying issue as a cause. Their development is influenced by multiple factors. Many people mistakenly believe that eating disorders are predominately a problem with food or weight because so many symptoms revolve around food and weight. However, these are only the tip of the iceberg. Food and weight issues are evident on the surface, but an intricate web of other issues can make up the bulk of a person's struggle. He or she then uses the eating disorder to cope with what lies under the surface.

Underlying issues can include psychological, relational, cultural, and biological contributing factors. Psychological issues include low self-worth or a struggle with another emotional disorder, such as depression or anxiety. Relational factors include trouble communicating and relating to others and possible bullying or abuse. Cultural factors can include the size discrimination portrayed by culture through the media or society at large. Eating disorders also have a genetic link showing they more commonly run in families, but further research is needed to explore this area. One common phrasing of the interaction of genetic factors and other underlying issues is that genetics load the gun, but environment pulls the trigger.

Underlying issues are further explored below as they relate to prayer ministry.

GETTING HELP

One of the first steps to help someone with an eating disorder is to ensure that they receive proper medical screening. The Academy for Eating Disorders has a pamphlet of the proper medical tests on their website (www.aedweb.org). It can be difficult to find a doctor who specializes in eating disorders, so the patient and family must be proactive throughout any medical process. Also, important to note is that even the most severe eating disorders can have relatively normal lab results, so normal lab results should not sway a person from seeking help.

Another important first step is to get plugged in with a therapist and a Registered Dietitian (RD) who specialize in eating disorders. They and the person's physician must assess whether or not the person is in need of a higher level of care and can make any appropriate referrals. If outpatient care is not a health risk, weekly appointments with both the therapist and RD are recommended. The therapist works on issues such as motivation to change, negative body image, fear concerning food or weight gain, coping skills, and underlying issues surrounding the eating disorder. The RD's role is to help the person restore their bodies to physical health and relearn normal eating patterns.

PRAYER

Different people question whether full healing from an eating disorder is possible. Yes! Through Jesus Christ, this healing can happen! The journey to healing can be lengthy and is sometimes painful. An understanding community who will love, support, and pray with someone seeking help is vital. Important areas of need to cover in prayer are control, fear, identity, inner vows, judgments, lies, emotional healing, physical healing, and freedom from death.

Instantaneous healing of an eating disorder is possible, however a healing process over time is the norm. You can help the person understand that his or her own healing journey is unique and that eating disorders often involve a process-oriented path to healing.

Control issues are highly common in eating disorders and can directly relate to the longevity of the healing process. To be released from control issues, a person must grow in dependence on God. Healing from an eating disorder can be a scary process because the person is learning a new way of life that requires renewed faith each day, each meal, each bite of food.

Control and fear are intertwined together. The eating disorder is a form of control used to keep fear at bay. By minutely controlling

cont. on page 14

Eating Disorders....cont. from page 13

food and weight, the person feels a sense of power and control over other areas of life. Pray for the person to be set free from fear and that God's perfect love would replace all fear. It is beneficial for the person to renounce their dependence on control and the eating disorder. Pray for a willingness to take risks of stepping out in faith. For some, especially those struggling with anorexia, every bite is a leap of faith, as is every denial of weighing themselves.

Identity formation is important in recovery because the eating disorder becomes a driving force in the person's identity. The prayer recipient should renounce the old identity of the eating disorder. Pray for the formation of the person's true identity in Christ—the recognition of who they are created to be. Two questions that are central to identity are 1) am I loved? and 2) am I lovable? This second question is especially important because the eating disorder has been used to create a favorable answer to this question. Pray for God to speak into the person's heart: Yes, they are lovable because they are His.

Inner vows and judgments that stem from the old identity of the eating disorder all need to be renounced. Examples of typical eating disorder inner vows are "I must be the thinnest," "I will never eat that," and "I can never fail." Typical judgments include a negative view of self or others regarding weight as well as negative self-judgments related to other areas of life, such as "I'll never succeed in life." Inner vows and judgments may or may not be food related. Those that are not directly related to food may be part of the purpose for which the eating disorder is being used to compensate.

Lies that a person has believed in agreement with the eating disorder should be confessed and renounced. A typical lie someone may believe is "If I can be thinner, then I'll be loved," or "Food is the enemy."

Emotional healing is highly important for anyone struggling with an eating disorder. The roots of the emotional struggle can be addressed through inner healing, especially if someone has been through any trauma. Healing of any anxiety, PTSD, depression, or bipolar disorder is important as well. As the person goes through the process of healing, they must learn to experience and cope with their emotions in new ways. Emotional avoidance is highly common among eating disorders.

Praying for physical healing from an eating disorder means praying for both the person's mind and body to be set free from the effects of malnutrition or overeating. Positron emission tomography (PET) brain imaging and functional MRIs show differences between normal brains and those of anorexia patients. Pray for the restoration of both the neural pathways in the brain and of normal functioning for both serotonin and dopamine in the brain. Pleasure and reward responses and hunger and fullness signals need to be restored to their normal functioning. Also pray for restoration of normal


metabolism. Pray for healing from the physical impact of the eating disorder in areas such as the heart, the digestive system, and for restored bone density. For someone struggling with bulimia, pray for healing of the effects on the stomach, esophagus, mouth, and teeth. Binge-eating disorder or any emotional overeating will need prayer for any related health consequences as well.

Eating disorders have the highest mortality rate of all mental health problems. Pray for the person to be spiritually free from death. Eating disorders can be a slow form of suicide when a person no longer has a desire to live. Pray for freedom from suicide as well if you discern this.

An additional format for prayer can also follow CHM's guidelines for praying for healing from addictions, as an eating disorder is a form of addiction.

Working as prayer ministers in conjunction with a trained therapist is important. Some of these areas may need to be verbally processed in therapy in addition to being prayed over. Therapy can be a strong avenue to helping a person arrive at a place of willingness to pray for freedom in these areas. Therapists, dietitians, physicians, and prayer ministers can work together as a team to bring the healing of Jesus Christ desperately needed by the many individuals who struggle with eating disorders.

LIVING BREAD

The need for an approach for eating disorder treatment that focuses on the variety of areas necessary for healing led to the creation of Living Bread, a non-profit organization in Greenville, SC, dedicated to providing hope and healing for those who struggle with eating disorders and believe the lie that their bodies are unlovable. Living Bread offers help through counseling, nutrition, mentorship, financial assistance, and healing prayer. Visit our website at www.livingbreadgreenville.org. 

ELLA WALKER HENDERSON, M.A., LPC, NCC

Director and Founder of Living Bread, Ella is trained in the treatment of eating disorders. She integrates faith and prayer into her counseling sessions.



HEALING IN MARRIAGE

STASI ELDREDGE

We are each on a journey. The journey of each our lives is meant to be one of *transformation*. I believe we are here to learn how to love and there is no greater context to learn that than marriage. How do we learn? Moment by moment. Day by day. Week by week. Our marriages grow and become what God intended and what we ultimately long for in the same way. Not anniversary to anniversary or even month to month, but day to day—in the ordinary ins and outs of time—in increments we can actually handle. We are, all of us, learning to love. And we learn to love by choosing to love. In the moments and through the months.

My husband John and I have been journeying on the road of transformation together for over thirty years. Neither one of us is the person we were when we first married and that is a very good thing. Healing has come. Jesus has come. He is coming still, growing us individually and as a couple. How marvelous is that? What hope we have! We are meant to grow and change throughout our lives. We are meant to be increasingly healed and live and love more fully from an increasingly restored heart. It's possible. It happens!

It happens over time. It happens in the tiniest of choices that we make; the choices to yield, to sacrifice, to put the other person first. It happens every time we choose to fight for our own healing and that of our spouse's—through every choice *to love*.

If life is a journey, it's also a process, and one in which we must agree to participate. God is a God of process. He can move and heal a person very quickly—and sometimes he does. But most often, as you well know, the process is slow. God is after deep restoration in us and his eye is on eternity. He is not in a hurry and there is no rushing him. Still, he came to heal and he comes still. He comes himself and he comes through other people. He comes through our spouse. He comes in our marriages.

Because marriage is the sanctuary of the heart.

In your marriage, you have been entrusted with the heart of another human being. Whatever else your life's great mission will entail, loving and defending this heart next to you is part of your great quest.

cont. on page 16



Healing in Marriage....cont. from page 15

Marriage is the privilege and the honor of living as close to the heart as two people can get. No one else in all the world has the opportunity to know each other more intimately than do a husband and wife. We are invited into their secret lives, their truest selves; we come to know their nuances, their particular tastes, what they think is funny, what drives them crazy. We are entrusted with their hopes and dreams, their wounds and their fears.

An incredible honor is bestowed on the one to whom we pledge our lives and a deep privilege is given to us as well. Not only is marriage good for a person (it adds an average of seven years to the life of a man and three to a woman), but married people as a whole say their lives are happier than those who are single. Married people are healthier, and better off financially. And the impact of a lasting marriage upon one's children is sobering. Children of divorce do not fare nearly so well in life as those who grew up in an intact family.

And why is this? Because we bear the image of God; we are made in the image of Love. We are created to love and be loved. And there is no greater context, no better opportunity to really love someone and be loved by them throughout an entire lifetime than you will find in marriage. Of course it is dangerous as well—the two always go together. There is no greater place for damage, too, because there is no greater place for glory. God uses marriage to bring us the possibility of the deepest joys in life; Satan tries to use it for destruction.

Without you, your spouse will not become the man or the woman that God intends them to be and the Kingdom of God will not advance as it is meant to advance. Your spouse plays the most vital

role in your life. You play the most critical role in theirs. No one will have a greater impact on your spouse's soul than you. No one has greater access to their heart than you. This is an enormous honor.

Being married will cost you everything. Tears. Nights of sleep. Incredible vulnerability and sacrifice. It will cause you to take a deeper look inside your heart and soul, your desires and your personality. It will hurt. It will not be easy. But that does not come as a surprise to you. You already knew that! Of course loving costs everything—look at the cross. But loving is always worth it.

We all know that loving is hard. Marriage is hard. It is opposed. The devil hates marriage; he hates the beautiful picture of Jesus and his Bride that it represents. He hates love and life and beauty in all its forms. The world hates marriage. It hates unity and faithfulness and monogamy. Our flesh is not our ally here either—it rebels when we put others before ourselves. Our flesh hates dying.

But God loves marriage! The Holy Trinity is for it. God loves intimacy and friendship and unity and self-sacrifice and laughter and pleasure and joy and the picture of the Sacred Romance that you have the opportunity to present to the watching world. God is with you. He is for you. He commands you to love and he says that with him and in him all things are possible. Not easy. But possible.

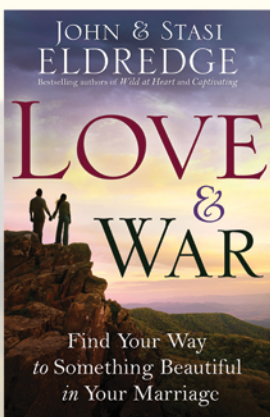
In our marriages we have the opportunity to partner with God in bringing healing to our spouse. Their healing is ultimately not up to us, nor ours to bring, but we can—through prayer and acts of mercy—cooperate with what God is doing.

Just last night, John looked at me and said, "*You're one of the good ones. You're a treasure.*" They were surprising words that came straight out of the blue. Hey, we weren't in a conversation about what we value in each other. We weren't even talking. We were just getting ready for bed. And his loving words made my heart burst and propelled me along the road of healing.

We get to do that for each other. Friends do. Spouses do. We get to partner with God in creating atmospheres of healing. Sanctuaries of love. Safe places for the heart.

One of the most meaningful ways John speaks his love to me is simply by asking me the potentially dangerous question "*How are you?*" and wait, really wanting to know my answer. He will ask me this when I am soaring but he will also ask it when I am clearly flailing. He has chosen to pursue me countless times when I was aware he had many other matters pressing on him. Phone calls to return. Emails to write. Deadlines to meet. By stopping and asking me how I am, John is affirming both his love for me and my position in his life. He is saying that I am his number one priority, and the look in his eyes, the tone of voice, the posture of his heart, assures me that it is true. He is asking, "*How are you?*" He is saying, "*I love you.*"

RECOMMENDED READING FOR HEALING IN MARRIAGE



LOVE & WAR

» by John & Stasi Eldredge

With refreshing openness that will grab readers from the first page, *Love & War* shows couples how to fight for their love and happiness, calling on both men and women to step into the great adventure God has waiting for them together. Walking alongside John and Stasi Eldredge, every couple can discover how their journey together is growing into a story of meaning much greater than anything they could do or be on their own.

\$14.99 » Item #B1589

And love heals. It heals over time and it heals in the moment. It heals in the choices we make that speak our love and the priority our spouse holds in our hearts.

Little thoughtful acts on my part convey to my husband that I love him. Tiny acts. Miniscule matters. Simple things. They add up. Like buying his favorite cookies or making meals he enjoys. Like laying on his side of the bed on cold winter nights before he gets in to warm it up for him. Little things he likes. It means I am paying attention. To him. I am telling him without words that he is loved. He matters. He is my priority.

Ok. We all know that there is much more to life than cookies in the cupboard, warm sheets and skipping down the road with lollipops and happiness. The journey is sometimes gut wrenching. And oftentimes, marriage is fabulously hard.

That may seem like an odd thing to say at this point but it is true and everybody who's been married knows this. Years into marriage it still catches us off guard, all of us. And newly married couples, when they discover how hard it is, seem genuinely surprised. They're often shocked and disheartened by the fact. *Are we doing something wrong? Did I marry the right person?* The sirens that lure us into marriage—romance, love, passion, sex, longing, companionship—sometime seem so far from the actual reality of married life that we fear we've made a colossal mistake, caught the wrong bus, missed our flight. And so the difficulties also come as something of an embarrassment (don't you feel embarrassed to admit how hard your marriage is?). Maybe it's just us.

Nope. This is everyone. We might as well come out and say it.

The sooner we get the shame and confusion off our backs, the sooner we'll find our way through. Of course marriage is hard. In fact, if you look back at the first marriage, that almost fairy-tale-like story in Genesis, you'll see that Adam and Eve had a pretty rough go at it. And they didn't even have parents to screw them up as children, or friends to give them ridiculous advice. My goodness, the fall of man seems to come during the honeymoon, or shortly thereafter. (And how many honeymoon stories re-enact that little drama?) They hit rough water as soon as they set sail, poor things. If this is the story of the first marriage, it's a bit sobering.

But it also gives us some encouragement, too. It's normal for marriage to be hard. Even the best of marriages.

And God is in that.

In order to have the life that we want, the life we are made for, and the marriage we long for, we will need God. And that's a very good thing! Without him, nothing is as it should be. But with him, all things are possible! Yes, marriage can be extremely hard. But that is not a reason to despair, nor the final truth. There are seasons in marriage – in every relationship. Marriage is meant to be wonderful, and most of

the time it can be! Though sometimes so hard, think of the difficulty as a doorway. A doorway to all the more that Jesus has for us in Himself and in our marriages! There is hope friends! God is our hope. He is our strength. He is the source of all love and he is with us every moment of our lives helping us heal and learn how to love. ✨

STASI ELDREDGE

Stasi and her husband John Eldredge are co-speakers, co-authors and lead Ransomed Heart Ministries. Check out their ministry at www.ransomedheart.com



ON SALE
FOR A LIMITED TIME

HOW TO HEAR GOD'S VOICE

» by Mark & Patti Virkler

You can hear the voice of God.

He is always speaking to you. In fact, every believer is called to have a one-on-one relationship with God because He longs to share sweet times of intimacy with all His children.

How to Hear God's Voice will teach you how to discern His voice from all the other voices that clamor for your attention.

This book:

Gives vital keys to increase the intimacy of your prayer time

Teaches you how to be still before the Lord

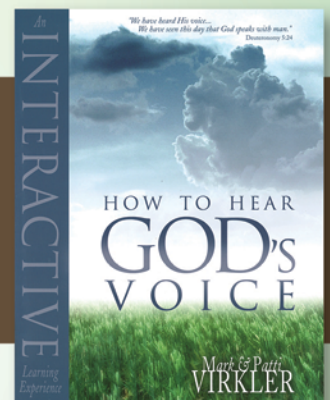
Helps you recognize His speech as spontaneous thoughts

Encourages you to seek vision while praying, and use a journal to record revelation.

Your communion with God will become a flow of His words springing forth from your heart. You will experience a depth of relationship you never thought possible!

\$24.99-\$19.99 » Item #B639

20% off of any orders
placed **online** until **April 5**.
Just enter the coupon code
HL20DISC0405 at checkout
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2015

focusing on
mar/apr/may

March

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

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm	4	5	6	7
8	9	10	11	12	13	14
				SCHOOL OF HEALING PRAYER® LEVEL 2 EXPRESS - CHM CAMPUS, JACKSONVILLE, FL		
15	16	17 Open Prayer Ministry CHM campus: 1:30 pm Generational Eucharist CHM campus: 6:00 pm	18	19	20	21
22	23 Day of Healing Prayer on CHM campus	24 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm	25	26	27	28
29	30	31 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm				

April

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2	3 GOOD FRIDAY Office closed	4
5 	6	7 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm	8	9	10	11
				SCHOOL OF HEALING PRAYER® LEVEL 3 EXPRESS - CHM CAMPUS, JACKSONVILLE, FL		
12	13	14 Open Prayer Ministry on CHM campus: 1:30 pm only	15	16	17	18 ABIDE HEALING CONFERENCE - PELLA, IOWA
19 ABIDE HEALING CONFERENCE - PELLA, IOWA	20 Day of Healing Prayer on CHM campus	21	22	23	24	25
26	27	28 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm	29	30		

May

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1	2
3	4	5 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm	6	7	8	9
10	11 Day of Healing Prayer on CHM campus	12	13	14	15	16
				SCHOOL OF HEALING PRAYER LEVEL® 4 EXPRESS - CHM CAMPUS, JACKSONVILLE, FL		
17	18	19 Open Prayer Ministry CHM campus: 1:30 pm Generational Eucharist CHM campus: 6:00 pm	20	21	22	23
24	25  MEMORIAL DAY Office closed	26 Open Prayer Ministry on CHM campus: 1:30 pm & 6:00 pm	27	28	29	30
31						

chm's calendar of events

2015

CHM Schools, Conferences & Retreats

[SCHOOLS OF HEALING PRAYER®]

CHM Campus, Jacksonville, Florida

Speakers: Judith MacNutt, and team

Registration: online at www.christianhealingmin.org

March 12-14 — Level 2 Express

April 9-11 — Level 3 Express

May 14-16 — Level 4 Express

July 16-18 — Level 1 Express

August 27-29 — Level 2 Express

October 29-31 — Level 3 Express

December 10-12 — Level 4 Express

[JOURNEY TO HEALING RETREAT]

Speakers: Judith MacNutt and team

Registration: online at www.christianhealingmin.org

August 13-15

November 19-21

[CHM INTERNSHIP PROGRAM]

To apply, call 904-765-3332 ext. 216

August 11-15

November 17-21

[IGNITE CONFERENCE]

Crowne Plaza Hartford-Cromwell, Cromwell, Connecticut

Speakers: Judith MacNutt and R.T. Kendall; worship led by Kelanie Gloeckler

Registration: online at www.christianhealingmin.org

June 24-27

[CAPTIVATE WOMEN'S CONFERENCE]

Hyatt, Jacksonville, Florida

Speakers: Judith MacNutt and Graham Cooke; worship led by Kelanie Gloeckler

Registration: online at www.christianhealingmin.org

October 1-3

[CHM IS STREAMING]

Ignite and Captivate are available for streaming. Not only can you enjoy each conference live from where you are, you will also have access to the archived teachings. Visit our website for more information and for pricing.

www.christianhealingmin.org

**Dates and schedules subject to change.*

Other Conferences

APRIL 18-19 » **3rd Reformed Church Healing Conference [Pella, IA]**

Speaker: Judith MacNutt

To register, visit www.trcpella.com or call 641-628-4900 ext. 404 or 237

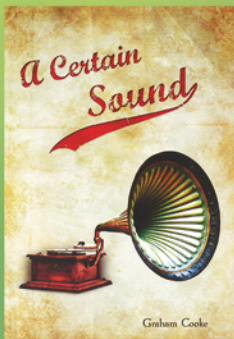
SEPTEMBER 18 » **ACT (Association of Christian Therapists) Conference [Orlando, FL]**

Speaker: Judith MacNutt

OCTOBER 16-17 » **St. George's Episcopal Church Healing Conference [Nashville, TN]**

Speaker: Judith MacNutt

CHM BOOKSTORE

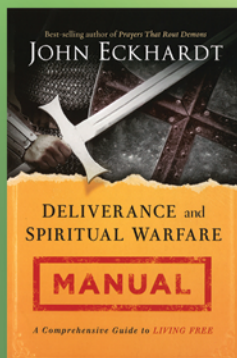


A CERTAIN SOUND

» a CD teaching by Graham Cooke

From wind in the trees to the sound of abundance of rain, people have always been led by the sounds of God. We are preparing for a new move of God and we can no longer afford business as usual. We can learn to hear the sound of God's move in our own heart. This is a talk about repositioning ourselves in line with what the Lord is intending.

\$14.00 » Item #C228



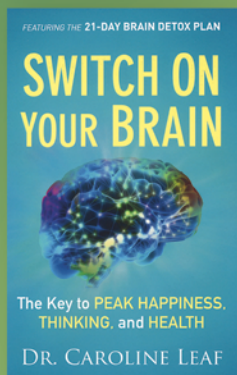
DELIVERANCE AND SPIRITUAL WARFARE MANUAL

» by John Eckhardt

God has established the victory for you over the powers of the enemy. Deliverance will give you rest, and through spiritual warfare you will gain the endurance, training, and strategies you need to live abundantly under the covenant blessings of God.

Bringing much-needed light to expose the works of darkness, the *Deliverance and Spiritual Warfare Manual* provides essential information on spiritual warfare basics and strategies. Don't let fear keep you or those you love from peace and freedom. No matter what issue you are facing, this powerful guide gives you the tools you need to confront the enemy head-on.

\$16.99 » Item #B1561



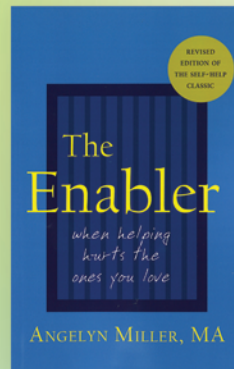
SWITCH ON YOUR BRAIN

» by Dr. Caroline Leaf

You are not a victim of your biology! The vast majority of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses.

Supported by current scientific and medical research, Dr. Caroline Leaf gives you a prescription for better health and wholeness through correct thinking patterns. She exposes the "switch" in your brain that *will* enable you to live a happier, healthier, more enjoyable life where you achieve your goals, get your thought life under control, and even become more intelligent. And her 21-Day Brain Detox Plan guides you step-by-step through the process of replacing toxic thoughts with healthy ones. Ready to reap the benefits of a detoxed thought life?

\$17.99 » Item #B1505



THE ENABLER

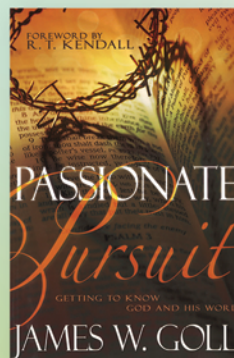
» by Angelyn Miller, M.A.

Are those closest to you unable to stand on their own two feet?

Co-dependency - of which enabling is a major element - can and does exist in families where there is no chemical dependency. Angelyn Miller's own experience is a dramatic example: neither she nor her husband drank, yet her family was floundering in that same dynamic. In spite of her best efforts to fix everything (and everyone), the turmoil continued until she discovered that helping wasn't helping.

Miller recounts how she learned to alter the way she responded to family crises and general neediness, forever breaking the cycle of co-dependency. Offering insights, practical techniques, and hope, she shows us how we can transform enabling relationships into healthy ones.

\$12.95 » Item #B1192



PASSIONATE PURSUIT

» by James W. Goll

The mighty God of the universe is also your heavenly Father who loves you deeply. He understands you inside and out, and He desires for you to know Him personally, too. Author James W. Goll joyfully guides you past the clichés and into the spiritual reality of knowing God's heart through an intentional, ongoing relationship with Him.

Passionate Pursuit shows you how to open your heart to encounter the living Lord. As your discovery of God unfolds, and your relationship with Him deepens, you will be surprised and delighted to hear His voice, to learn from Him—and to touch His heart. You will be filled with the life of God, and you will always desire to come back for more. In the process, you will gradually be transformed to become like Him and to reflect His image to others.

\$15.99 » Item #B1579



LOVE HUNGER

» by David Kyle Foster

Homosexuality, prostitution, pornography, cults—secret sins rival the glitter of Hollywood for young actor David Kyle Foster. Winning wholesome television roles, his star on the rise, he is relieved to be free from his father's harshness. But the desperate loneliness and sexual obsession that characterized his youth now accompany his rise to success—and bondage to a double life seems the only answer. Can Jesus' love reach one so broken?

Whether you're grappling with your own darkness or know someone who is, this gripping and inspiring memoir shows you that, no matter how bleak it may seem, there is *always* hope: God can heal and restore the soul that hungers for love.

\$15.99 » Item #B1531

CHM BOOKSHELF



ANGELS ARE FOR REAL

» Judith MacNutt
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Trauma to Transformation.....cont. from page 11

GUIDELINES FOR PRAYER MINISTRY

Below are some general guidelines for the initial stages of praying for someone who has suffered trauma. While these may seem simple, they are necessary and foundational to the process of resolution for wounds from trauma.

- Invoke and focus on the Presence of Jesus
- Trust in Him
- Spend time being with Jesus
- Pray blessings
- Spend time praying the Word

The suggestions above are ways that facilitate intimacy with God. If someone has great difficulty trusting God, it will be initially challenging for them to connect with Him in a way that is positive. Below are areas which may need to be addressed in order to strengthen their capacity for intimacy.

- Healing image of God
- Healing image of self
- Recognition and renunciation of ungodly beliefs
- Confession, repentance and forgiveness
- Generational influence
- Deliverance

The healing process for the wounds of trauma is typically a layered one. It often happens over time. The rhythm can resemble the ebb and flow of the tide. A common barrier that arises in the process is that the recipient cannot perceive the presence of Jesus. When that occurs, pray for them to remember a time when they were aware of His presence. **If the recipient has difficulty recalling a positive interaction with a member of the Godhead, do not proceed to any traumatic memories.**

HOW TRAUMA MOVES INTO TRANSFORMATION

In the midst of trauma or difficult circumstances, or in the aftermath of trauma, are you able to think of your life as consistently immersed in blessing? For many of us this would probably be a real upgrade in perspective! Paul writes, *"Blessed be the God and Father of our Lord Jesus Christ who has blessed us in Christ with every spiritual blessing in the heavenly places"* (Eph 1:3 NRSV).

When we search the Scriptures, we see Paul saying to us, "Rejoice always;" "In nothing be anxious;" "In everything, give thanks." If we didn't have much information about Paul, we might assume he is in one of those seasons of life where he is "on top of the world!" And yet, he makes these statements from a Roman dungeon. He even goes on to write, "Even if I am to be poured out as a drink offering

upon the sacrificial offering of your faith, I am glad and rejoice with you all" (Phil 2:17 ESV). Paul had been transformed. He was able to remain attuned in union with God regardless of His circumstances. He could experience painful things and yet rejoice. He had come to understand that his life was immersed in love and blessing from the Father. He understood a radically significant Truth in the deepest place of his soul.

We do have choices in the process of healing. We can choose self-protection or independence and turn away from God in the midst of our pain. When this stance is taken, we are either knowingly or unknowingly partnering with pride, unbelief, and despair. The other choice is to turn toward God in the midst of our suffering. This stance is one of faith, boldness, vulnerability and courage. It is choosing to draw near to Him. The willingness to enter into dependency is a necessary choice to experience attunement with God. As we connect with the Godhead, we receive truth, capacity, healing, and freedom. It is the experience of joyful intimacy in whatever way we need. He alone knows what our heart needs and He will meet us right where we are.

Jesus destroyed the power of trauma on the Cross. He took upon Himself all the sins of the world because of His great love for us. The Cross is the perfect symbol that represents the transformation of trauma in Jesus' death and His resurrection.

Beloved, we are not citizens of this world. We will continue to experience trials of all kinds and all levels of severity. In our humanity, it is natural that our emotions and our intellect will wrestle in the muck and mire of it all. We have the Spirit of God dwelling within us bringing all the love, joy, and peace of the Trinity to every inch within that we will let Him.

Jesus, You know exactly what it feels like to experience trauma and it is Your love that removes our fears. We pray for an increase in our experiences of the loving nature of Father God through the power of the Holy Spirit. We pray for an increase in our capacity in order that we could receive more of Your love. We partner in faith that You are transforming us so that we are Your reflection to others. ✨



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