

Did Obama Just Betray Persecuted Pastor Saeed Abedini?

The Obama administration appears to be preparing to leave American Pastor Saeed Abedini and the other U.S. citizens wrongfully imprisoned in Iran on the sidelines of the Iran nuclear negotiations—even promising a veto to congressional legislation if an amendment is added to include the imprisoned Americans.

In a stunning comment, White House spokesperson Josh Earnest told reporters that interjecting the captive Americans into the discussions is unacceptable and that it *“certainly would interfere with the ongoing negotiations between the international community and Iran on their nuclear program.”*

That is simply unbelievable. Refusing to discuss the Americans being held hostage by Iran at the bargaining table and rejecting any congressional attempt to make any deal with Iran contingent on the release of the Americans is unacceptable. It’s quite frankly appalling.

The disturbing comments came in a press briefing when White House Press Secretary Josh Earnest declared, “The President would certainly veto any amendment or any bill with an amendment that undermined the unanimous compromise that was reached in the Senate Foreign Relations Committee or that interfered with the ongoing negotiations. Certainly a provision, an amendment, that made this nuclear deal contingent on Iran’s release of those three American citizens would fall, I think frankly, into both categories.”

Full transcript of the questions from *ABC News*’ Jonathan Karl and White House Press Secretary Josh Earnest’s answers:

JONATHAN KARL, ABC NEWS: The Senate of course is debating the Corker Bill. Corker announces he has a veto proof majority. He doesn't really need it, because you've endorsed the compromise bill. But there are a whole series of amendments that are going to be voted on. You know, for instance, there's an amendment that says before any sanctions are lifted, Iran would have to release those three Americans known to be in Iranian prisons. What is the administration's view on these amendments? Are you saying it is this deal or no deal? Would we go back to a veto threat situation if, in the specific instance I just mentioned, an amendment passes that says first Iran needs to release those Americans? Would you veto that bill?

JOSH EARNEST: The president would certainly veto any amendment or any bill with an amendment that undermined the unanimous compromise that was reached in the Senate Foreign Relations Committee or that interfered with the ongoing negotiations. Certainly a provision, an amendment, that made this nuclear deal contingent on Iran's release of those three American citizens would fall, I think frankly, into both categories. It would directly undermine the unanimous compromise that was reached in the Senate Foreign Relations Committee, and it certainly would interfere with the ongoing negotiations between the international community and Iran on their nuclear program.

KARL: So the president would veto that?

EARNEST: So, those kinds of amendments that are added to the bill, that undermine the unanimous compromise or would interfere with the talks would earn a presidential veto. And I think that, given, again, the unanimous vote in the Senate Foreign Relations Committee, I am confident there would be strong support—or I guess strong opposition—to those kinds of amendments. And that opposition, I would expect it to be bipartisan. But this is a process that will have to play out.

This is despicable. This is outrageous. And it is an insult to the captive Americans and their families.

The president is promising to veto a bill requiring the release of Pastor Saeed and the other Americans imprisoned in Iran.

Time is running out. We must put more pressure on the White House and Congress.

The fact of the matter is simple: There can be no deal unless Pastor Saeed and his fellow American hostages in Iran are free.

The Senate is debating key amendments that prioritize the release of American Pastor Saeed Abedini to reunite him with his family here in the U.S., along with the release of the three other American hostages, Jason Rezaian, Amir Hekmati, and Robert Levinson. We are fighting on Capitol Hill and working directly with members of the U.S. Senate.

Diana Anderson-Tyler: 'No Pain, No Gain'

"Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though some strange thing happened to you" (1 Peter 4:12, MEV).

How does the verse above relate to today's topic of muscle soreness? I think if you would replace the word "ordeal" with "muscles," you might get a better idea ...

Of course, the above parallel is simply a jest and by no means an exegetical attempt at making Peter out to be a first

century personal trainer. However, you'd be surprised by how many exercise newbies find sore, "fiery" muscles rather surprising, and many times, also discouraging.

As part of a six-week women's challenge at our gym, another coach and I have been assigning our team members specific "homework" to help them reach their goals by the end of the challenge. Some of the ladies want to shed eight to 10 pounds. Others want to be able to do a pull-up without assistance, and still others want to set a new P.R. (personal record) on their squat and deadlift.

What they all have in common—as evidenced by the texts I've received a day or two after their homework is completed—is good ol' muscle soreness. In this article, I want to discuss muscle soreness—what it is and isn't, when it's beneficial and when it's not, as well as how to alleviate it.

Whether it's sore quads and hamstrings after extra running, or tender traps from perfecting power cleans, the ladies' muscles are actually making adaptations to better prepare themselves for performing the pain-inducing activity again (pretty smart, right?). Microfractures in the muscle cells and surrounding connective tissues has caused a bit of inflammation. Swelling may occur as well (note that any engorged biceps and deltoids are *swollen*—not magically bigger after one workout!) as a response to microscopic muscle tears.

None of that sounds very pleasant, and to be honest, it isn't. However, as is true with many of life's blessings, rewards are not often reaped without a healthy dose of ... vexation, shall we say? What the writer of Hebrews says is true:

"No discipline seems to be joyful at the time—but grievous. Yet afterward it yields the peaceful fruit of righteousness in those who have been trained by it: (Hebrews 12:11, MEV).

Sore muscles now = stronger, healthier, more powerful, and better prepared muscles later. And as a bonus, the workouts

that produce them nurture habits of discipline and perseverance that translate seamlessly into other aspects of our lives outside the gym.

So is there a bright side to sore muscles? Can they be avoided? Well, the answer turns out to be yes. Or rather, *sort of...*

Generally those who experience the “post-workout waddles,” as I shall call them, are those who haven’t exercised in ages. Their muscles simply aren’t accustomed to the work they’re being asked to do. But if they stick it out and continue training consistently, they will start to feel less sore as their bodies adapt to their workouts and learn to distribute the workload across their muscle fibers more effectively.

I should add here that while a lack of muscle soreness is nice, it could also be a sign that your body has stopped growing and adapting to training stimuli, meaning your fitness has reached a plateau. Therefore, it’s important to regularly change up your exercise routine by trying new exercises, changing your rep scheme, using heavier weights, etc.

Delayed onset muscle soreness (DOMS) generally disappears after three days, but this varies from person to person. Three days is a long time to endure washing your hair with inflamed triceps or turning the steering wheel with aching pecs. Thankfully, there are proven ways to lessen the dreaded DOMS and go about your life without blowing your budget on Ibuprofen:

Warm up and cool down well: The American College of Sports Medicine suggests advancing slowly with a new workout, giving your muscles time to adapt and recover. A post-workout cool down, comprised of foam rolling, stretching, and other mobility drills, will reset your body to a natural position and posture, which will diminish stiffness and soreness. Here’s an in-depth article on the importance of warming up and

cooling down and how to do them effectively.

Take a warm shower or find a hot tub: Warm water is a natural relaxer. If you're bruised for any reason, or exceptionally inflamed, apply an ice pack to the affected area for up to twenty minutes, two to three times a day, if possible.

Take Epsom salt baths: Epsom salts are composed of magnesium sulfate. Magnesium is natural muscle relaxant, and as a salt they help to pull excess fluids out of the tissues, reducing swelling.

Increase your protein intake: This will increase protein synthesis, helping rebuild muscles.

Get a massage: Massages help stimulate blood circulation to an area, which speeds healing.

Get your sleep: Your body repairs, rebuilds, and recovers while it's *resting*.

Try a saffron or ginger supplement: New research in the *Clinical Journal of Sports Medicine* suggests that supplementing with saffron may also help to alleviate DOMS. Additionally two studies done at Georgia College and State University in 2010 looked at how ginger affected muscle pain and inflammation after exercise.

One experiment had subjects supplement with two grams of ginger for several days and perform curls in the gym. The next day, their soreness was significantly less than expected. The other study also examined the effects of two grams of ginger on arm training. Participants consumed ginger 24 hours and 48 hours after exercise, and the pain was reduced 13 percent by the second day.

If you're still feeling intensely sore after the 72 to 96-hour mark, you experience abnormal swelling in your limbs or see that your urine is dark, you should see your doctor. If the

pain is due to an injury, you most likely felt it immediately, while in the middle of your workout. Soreness, on the other hand, is gradual.

Also remember to give specific muscle groups at least 48 hours before training them again. For example, if you trained your back and biceps on Monday, train them again no sooner than Wednesday or Thursday.

I hope you've found this article helpful, and that you won't "be surprised at the fiery ordeal" that is your angry muscles, as my husband not-so-affectionately refers to them. Train hard, have fun, and keep your health all about God and honoring Him with the body He's given you!

Stay fit, stay faithful.

Diana Anderson-Tyler is the author of *Creation House's Fit for Faith: A Christian Woman's Guide to Total Fitness*, *Perfect Fit: Weekly Wisdom and Workouts for Women of Faith and Fitness*, and her latest book, *Immeasurable: Diving into the Depths of God's Love*. Her popular website can be found at [www.dianataylor.com](#), and she is the owner and a coach at CrossFit 925. Diana can be reached on Twitter.

For the original article, visit [www.dianataylor.com](#).

Could Eating This Daily Cut Your Cancer Risk?

A growing number of studies are giving a whole new meaning to the term "health nuts." Researchers across the country are linking daily consumption of nuts to a lower risk for

developing cancer, in addition to heart disease and other conditions.

A series of studies presented at this month's Experimental Biology 2015 conference in Boston suggest that walnuts and other nuts hold a great deal of promise in promoting health and longevity—adding to a body of evidence that includes more than 150 similar studies.

The likely culprits are active ingredients in nuts—such as alpha-linoleic acid (ALA), a plant-based omega-3 fatty acid, protein, vitamins E and B6, and nutrients like folate, selenium, magnesium, and antioxidants called polyphenols—that boost health.

Among the latest study findings:

Colon cancer: For the first time, researchers reported that components of nuts have an effect on colon cancer cells. Research conducted by the Department of Nutritional Science and Food Management at the Ewha Womans University in Korea showed that walnut extract significantly slowed the survival of the cancer stem cells. The results suggest walnut consumption could be a helpful adjunct to standard colon cancer therapies.

Cardiovascular health: Medical specialists with the Departments of Nutrition and Internal Medicine at the University of California-Davis found postmenopausal women with high cholesterol who ate nearly two ounces of nuts a day had notable improvements in blood-vessel function—a measure of overall heart health—likely due to the polyunsaturated fatty acids they contain.

Age-related brain disorders: Scientists with the Human Nutrition Research Center on Aging at Tufts University found that laboratory rats fed a diet that included nuts had notable beneficial protective effects on critical regions of the brain tied to memory, cognition, and mental functions. Although the

study involved animals, researchers believe the same mechanisms are at work in human brains.

Digestive health: A study by the Department of Physiology School of Medicine at Louisiana State University Health Sciences Center found nuts have a marked effect on “healthy bacteria” in the gut that boost digestive health and overall wellness. In fact, a daily diet including about two ounces of walnuts were found to change “the gut microbial environment, by which walnuts may exert their beneficial health effects.” Those changes boost the body’s ability to digest and use the food we eat, lowering the risk for a range of chronic diseases.

“These findings help advance the understanding of the many advantages of eating walnuts as part of a healthy diet, and add to the more than 159 published papers over 20 years that have shown how walnuts affect heart health, diabetes, cancer, cognition, fertility, and weight management,” said Dennis A. Balint, CEO of the California Walnut Commission—a health research agency of the State of California.

In addition to the recent study findings presented at the Boston conference, food scientists from the University of Scranton recently reported walnuts have the highest amount of polyphenols of nine nuts they tested—including pistachios, pecans, Brazil nuts, peanuts, almonds, macadamias, cashews, and hazelnuts—and two kinds of peanut butter.

Joe Vinson, a chemist who led the new study, said it takes only about seven walnuts a day to maximize their health benefits.

“[Walnuts] are high in fiber, low in saturated fats, high in beneficial unsaturated fats, and very high in antioxidants,” he said. “Nuts are a nutritious snack and food additive providing both nutrients and bioactive antioxidants which provide significant health benefits.”

Penn State researchers also reported last month that including peanuts—or a smoothie made from them—as a part of a high fat meal helps to control dangerous blood fats known as triglycerides, improve blood vessel function, and boost overall heart health.

“Peanuts are a healthy snack when eaten as part of a healthy diet,” said lead researcher Xiaoran Liu, a graduate student in the Department of Nutritional Sciences at Pennsylvania State University.

“Previous studies have shown that individuals who consume peanuts more than two times a week have a lower risk of coronary heart disease. This study indicates that the protective effect of peanut consumption could be due, in part, to its beneficial effect on artery health.”

In addition, a series of large studies publishes this year—including the Nurses’ Health Study of 76,464 women, the Health Professionals Follow-Up Study of 42,498 men, and a clinical trial in Spain involving people who ate a Mediterranean diet supplemented with extra nuts—have all found that the more nuts people consume, the less likely they are to die from cancer, heart disease, or stroke.

In line with these findings, the U.S. Food and Drug Administration endorses the consumption of nuts as part of a daily diet to boost cardiovascular health.

“Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease,” the FDA says.

For the original article, visit .

5 Godly Ways to Address the Battle in Baltimore

Finally, on Tuesday night, there was some good news from Baltimore. The outside agitators who had come to Baltimore to incite violence had left the streets. By 1 p.m. the streets where rioting happened on Monday were clean from residents and volunteers who came to the city to serve and bring kindness. The mayor set a curfew, and by 10 p.m. all was quiet. It was a long but good day, said Matt Stevens, our director with Somebody Cares Baltimore.

“Driving through the city on Tuesday,” Matt said, “it seemed like people everywhere were praying with and embracing one another. There is beauty coming up out of the ashes.”

VIOLENCE IS NOT THE ANSWER

Baltimore has been a city in chaos since the arrest and subsequent death of Freddie Gray, the young man who died tragically on April 19 after suffering a spinal injury while in police custody. Following Freddie’s funeral on Monday, and in direct opposition to his family’s wishes, violence broke out throughout the city: Businesses were looted, buildings burned, police cars battered. But in the midst of it all were those who are still sounding the cry for peace and committed to restoring hope to the city they love.

“Baltimore’s pain runs deep, beyond what I am able to understand,” said Matt. “We have another tragedy with the life of another of one of our sons being senselessly wasted.”

The community is hurt and frustrated. The authorities are frustrated with how the system has failed. But they all agree on one thing: Violence is not the way.

“These aren’t thugs, these are our kids,” Matt said. “It’s not good when outside agitators come in to our already hurting city. Violence cannot fix or heal. Violence by its very nature cannot produce justice. Voices need to be heard, so pray with us that the violence does not overcome the voices for justice and that healing may come. “

Even former Baltimore Raven Ray Lewis joined in the call for peace with a video plea on social media: “Young kids, you’ve got to understand something. Get off the streets! Violence is not the answer, violence has never been the answer.” He continues: “We know there’s a deeper issue. But this isn’t it.”

Bishop Angel Nunez from Bi-Lingual Christian Church issued a statement on Tuesday that said: “Last night our city was torn apart by groups of individuals who are angry, hurt, and violent ... Yet, today we are also hurting for we are seeing one of the darkest days in our history. Our eyes are dry for we have no more tears left to cry as we see the destruction of our beautiful city.

“We have heard the calls of: no justice no peace, but we have a different call. We call for justice and we call for peace.”

THE VALUE OF HIS PRESENCE

At Somebody Cares, we believe in “presence ministry,” meaning we are called to carry the presence of God with us while being the tangible expression of Christ to those who are in need. I can’t help but wonder how much worse things could be right now without people like Matt Stevens, Bishop Angel Nunez, Bishop Johnson, Ray Lewis and so many others, including key community leaders involved in the peace process, who are seeking God’s wisdom, praying for their city and carrying the presence of God into a painful and volatile situation. As I often say, we need to be on-site for insight.

Even while rioting occurred Monday afternoon, over 100 pastors

of all ages, colors and denominations marched the streets with linked arms, in contrast to the violence. Church, ministry and city leaders put themselves in harm's way to reach out and bring peace. Volunteers were also on hand early the next morning to help with clean-up from the evening's activities, and just to love on people. If it had not been for those in the crowd and on the streets bringing peace and calm, the inciting would have been much worse. Prayer and engaged presence works.

I was moved by the faith of one pastor who was part of the March for Peace, then returned to his ministry facility to find it engulfed in flames—60 units of senior housing along with a health and human services center, reduced to rubble. When asked by CNN what he saw when he looked at the raging fire, he replied: "I see revival. I see the opportunity to rebuild from the ashes. I see a church that has been resilient for 80 years and for the past eight years has been seeking to invest in their community. I see us now coming back even bigger and better than before." Even in immense loss, this pastor is committed to responding to adversity by demonstrating the presence of God.

A FOUNDATION OF RELATIONAL EQUITY

I've been to Baltimore on several occasions, even before our Somebody Cares chapter was started five years ago. A strong foundation of unity and a network of relationships has helped them break down many barriers and see much fruit from their labors. SC Baltimore is part of The Transformation Team, along with churches, ministries, and the Outreach Division of the Baltimore PD. Working together across racial and denominational lines, the team has seen crime rates in some neighborhoods decrease for the first time in years. Hearts have been healed, lives have been rescued, addictions have been overcome, and relationships have been restored.

Going to the most violent and impoverished areas, The

Transformation Team has mobilized thousands each year to serve more than 16,000 residents in 14 different Baltimore city neighborhoods at the annual Day of Hope. Last year, a church was planted the day after Day of Hope in the Western District—in the same neighborhood where Freddie Gray lived. In fact, his family attended those events.

“It’s definitely the existing infrastructure of unity and relational equity that has helped us and will continue to bring hope and healing,” Matt said, noting that the existing unity has grown exponentially with the advent of the current crisis. More leaders than ever have come together to help each other and plan together for the long process of restoration.

Even the newscasters have been reporting on the presence of the church in the streets.

“You often hear people say that the church is asleep,” he added. “But in a time of crisis and desperation, the church in our city is coming together.

Tuesday morning, Bishop Nunez, helped host a meeting where over 100 pastors and bishops from all denominations and ethnic backgrounds came to pray and intercede.

“We have been working for 4-5 years to establish a prayer network with about 400 churches in the mid-Atlantic area,” he said. “The answer to hate is love—God’s love. We need to release His glory, release His love.”

REGROUPING: WHAT’S NEXT?

While the streets of Baltimore may be free from riots for the moment, things are hardly back to normal. People are still frustrated and hurting. Business owners and residents are still recovering from looting and other damages. The Baltimore Orioles and the Chicago White Sox are playing today, after two games were postponed, but the stadium will be closed to the public, empty of fans—an almost haunting reminder that much remains to be done.

During our relief work with the Indonesian tsunami and Hurricanes Katrina and Rita in 2005, we identified four stages of relief: initial response/crisis relief; regrouping for continuing relief; recovery; and restoration. Baltimore efforts are “holding” in the initial response/crisis relief stage, as the stage is set to regroup and move forward into recovery and restoration. As they wait, pray and seek God for the next steps, they pray for the churches of the city to unleash “a tsunami of kindness” and demonstrate love with tangible acts that can begin to turn the tide.

“My initial response to the question ‘What’s next?’ is that an army will continue to bring waves of compassion and kindness to wash away the toxicity that has been spewed out,” Matt said. He was reminded by a friend what God says in Amos 5:24 “But let justice roll down like water, and righteousness like an ever-flowing stream.”

A LONG PROCESS

Many of those who love and serve Baltimore will agree that the events of this week were not caused by one tragic event; they were an explosion of frustrations that have built up over the years with roots of poverty, inadequate education and economic and social challenges. But the ground of desperation has now been plowed. It is time for us to sow truth, justice, love, hope, compassion and kindness for the days ahead.

Earlier this week, as I encouraged many of the church and community leaders in the area, I reminded them that we will always outlast our adversaries and adversities when we stay true to the characteristics of Christ. This week, we saw that manifest on the streets of Baltimore. Healing is gaining momentum.

The church is the heart of any community, and a strong, healthy church in Baltimore can be an instrument of hope, healing and lasting transformation. I ask that you join me in

prayer over this city, that God will turn this tragedy to triumph, for His glory. Let this be an occasion for the testimony of the church!

WHAT CAN WE DO NOW?

If you would like to be a part of the Somebody Cares efforts in Baltimore, below is a list of practical needs:

1. Keep praying, because it is making a difference!
2. First responder relief: Somebody Cares Baltimore has already distributed hundreds of cases of water and individually wrapped snacks for police officers to take with them as they serve on the streets in 10- and 12-hour shifts.
3. Adults in the area who want to help can go to impacted neighborhoods and clean up streets in the mornings. You will need to leave by 3 p.m.
4. Somebody Cares can also help direct qualified men and women who want to peacefully engage the community where protests are happening.
5. Financial assistance can not only help with current needs, but with continuing, long-term investment in the community.

For more information on how to help in any of these areas, visit .

Doug Stringer *is the founder and president of Somebody Cares America and Somebody Cares International.*

Why I'm Praying for Franklin Graham

After reading recent commentaries regarding Pastor Franklin Graham, we are seeking God in prayer and reaching out to prayer partners regarding this matter. Pastors and politicians alike are scrambling for answers to the problems of the world while ignoring the obvious. All of the killing, the shedding of innocent blood, born and unborn, is a problem. Lack of justice and righteousness in our legal system, and racism are also problematic. The police and law enforcement are all too often ignoring civil and legal restraints built in to protect and to enforce.

Why is the Christian church in trouble? Why are our governments in decay? Decline of universal church membership? Decline of voters at the polls? Over 55 million voters and potential church members die by abortion before they see the light of day!

Designer sermons which pick and choose which sin to preach against [such as ignoring adultery and fornication while slamming homosexuality] are so hypocritical, misleading and downright confusing. God is not the author of confusion! We all have sinned about something. We all need to repent and come clean.

Also imbalance of equity regarding African-Americans is causing moral, social and financial bankruptcy. It's time to come clean.

But Christians are attacking one another. Just take a look at the group of pastors and Christian leaders who rebuked Franklin Graham after he posted about obeying law-enforcement officers.

Here's what some people are saying:

"U know, I just read the short Charisma article, and I think what Graham said is HIS opinion and, frankly, is being blown up into something it's not. If he misunderstands one group's experience, let that group of pastors go and explain it to him calmly and privately (Read MATTHEW 18:15-17). Publicly saying he's 'sinned' and attacking him like this ISN'T Christian. All it does is create an ugly spectacle and give the enemies of Jesus ammunition to use against HIS Church. At least, that's my opinion. Luv u." –Sister V

"Definitely not a loving Christian approach. Stirs up strife."
–Alveda

"Exactly. We're supposed to luv our brothers and sisters in CHRIST as well as our enemies. We've also gotta resist acting out emotionally. Every time I make an emotional decision, I mess up. :-!" –Sister V

"Hi Dear Friend, I just finished preaching overseas and came in and read your post. I think as the white community we are clueless and insensitive on many different levels to what has been and is going on with the pain and inequities that still exist on many different levels.

"We have no right to lecture in social media. So sorry, my friend! Love you so much." –Sister C

"Hi Alveda. Just saw this. I read Franklin Graham's post again. Alveda there is way too much abuse by police. Both black and white police. I have a fear of police because I have a fear for those in authority. So I probably over comply. Having said that , I am white so I have never suffered the kind of abuse that African Americans have. I don't even have the remotest clue what that kind of abuse and discrimination would feel like. Again there is far too much violence against blacks by white police. I tend think it's a minority of white police. I hope it's a small group and not the majority of white police. When I reread Franklin Grahams post he seemed to

be calling those shootings unnecessary. That is the word he used. He seemed to be saying that if people complied with a command to submit and not fight or run there would be less shootings. I suppose that might be true in some cases.

“I didn’t feel Graham was sinning against any group by his remarks but I can also see how his words could be interpreted in a way that he didn’t mean to have them taken. Nerves on all sides are very very raw right now. I think Mr. Graham would have deleted his post without sending if he had any clue how his words would be understood from various viewpoints. I know Mr. Graham goes all over the earth giving millions in aid to hurting and suffering minority group. I don’t think he has a prejudiced bone in his body but now I see he should never have posted that. It made things worse. Yikes. Lord heal our land, end abuse, reconcile our races, restore peace, and get the bad apples out of our police force.” –Brother S

“I agree with the writers. But sometimes we presume to speak without relationship. Brother Graham should be more ambassadorial in his postings. His heart is in the right place but he appears to not have either compassion or understanding about the race problem.” –Brother BH

“Totally agree with you: if he tells us to ‘obey’ he must also tell police to enforce the law in an unbiased and fair manner under the too should obey the is full of cases where blacks obeyed and still were beaten or died or had evidence should urge a color blind justice system as would Christ.” –Clarence McKee, Fellow Insider

“Romans 13 is without a question, but what do u do if u believe that u will be mistreated if u obey? There needs to be education on both sides. Through much prayer, God surely will reveal deeply seated lies that each side unconsciously believe that precipitates wrong actions. Then we must turn around and develop basic guidelines in race relations. God is good.” –Prophet E

“So while disobedience to a lawful order endangers the life of the officer and the civilian, the officers should have an honest duty of care.” –Alveda and Mike

And as if all of this isn't enough, here's more on the marriage front. God help us.

What do you think of Graham's comments? Sound off!

Dr. Alveda King is the daughter of the late civil-rights activist the Rev. A.D. King and niece of Martin Luther King Jr. She is also a civil rights and pro-life activist, as well as director of the African-American outreach for Priests for Life. [Click here to visit her blog.](#)

Hundreds of Christians Die While Worshipping as Earthquake Rocks Churches

Hundreds of Nepalese Christians died as their churches crashed down upon them when last week's devastating earthquake hit during their weekly worship services.

In Nepal, Christians worship on Saturday because it's a day off, while Sunday is a work day. Most services last until 12:30 in the afternoon, meaning most were still in service when the quake hit at 11:56 a.m.

“Many Christians were buried while they were worshiping on Sabbath and died,” the president of the Seventh-day Adventist Church in Nepal, Umesh Pokharel said, according to an article by *Christianity Today*. (The article cited several sources, including: Adventist Review, AsiaNews, Global Mission Nepal,

the Brethren in Christ Church, Mission Network News, the Assemblies of God, the International Mission Board of the Southern Baptist Convention, Christian Aid Mission, and the Nepal Church of Christ.)

The CT article cites a Facebook post by a Brethren in Christ Church worker: "Although unclear some have reported 100 believers in a church in Kathmandu were worshipping on the 7th floor rented building was completely collapsed, some 40 bodies were taken out whereas others still missing."

About 80 people died when the Nepali Evangelical Church in Kapan outside Kathmandu collapsed.

Seventeen bodies were discovered in the rubble of a rural church that was struck just as the service was ending, according to the IMB. The pastor reportedly lost three family members in the tragedy.

Assemblies of God World Missions reports that three of its churches are totally destroyed and several lives lost.

Christian Aid Mission said several churches had just let out ahead of the quake, including one in Kathmandu.

"Ten minutes earlier and everyone would still have been inside," said Christian Aid Mission's South Asia director. "There would have certainly been many injuries, if not deaths."

Overall, approximately 500 Christians are feared dead.

How Can Baltimore and America Quench the Fires of Violence?

As I read the story of Michael Brown who was shot and killed August 9th, 2014 by Darren Wilson, a police officer, in Ferguson, Missouri, and the other recent shootings, my heart immediately went out to the family. The pain of losing a child, I'm told, is one of the most difficult to endure.

The Baltimore decision once again fueled the flames of racism and hatred, but what if we looked through a different lens ...

What if more people knew that many of America's founders did not support slavery? The truth is that many of the Founding Fathers were responsible for planting the first seeds of equality and for the eventual end of slavery. John Quincy Adams was often referred to as the "hell-hound of abolition movement" for his efforts against slavery.

As historian David Barton rightly noted, "This was a fact made clear by Richard Allen. Allen had been a slave in Pennsylvania but was freed after he converted his master to Christianity. Allen, a close friend of Benjamin Rush and several other Founding Fathers, went on to become the founder of the . Church in America. In an early address 'To the People of Color,' he explained: 'Many of the white people have been instruments in the hands of God for our good, even such as have held us in captivity, [and] are now pleading our cause with earnestness and zeal'."

What if we remember all of the parents, black and white, who lost sons fighting for freedom during the Civil War? The fallout and devastation for all families from violence and war is a lasting pain. This would help quench much of the anger in America.

What if we truly comprehended that we are all made in the

image of God; there is no hierarchy in relation to race or color. Would that foster healing?

What if the black community knew that many of us still look up to Martin Luther King Jr. and his heart for reconciliation ... and that many white Americans also wept the day he died? Would that foster peace?

What if many of America's leaders and pastors encouraged unity regardless of color ... using our speech to build up versus tear down? Would that encourage change?

What if more white pastors and leaders could truly feel the heart of suffering and allow it to break our hearts and motivate a deeper prayer and devotional life? Men of prayer are men of change.

What if we understood that what some define as racism in the church is not racism at all but preference? We all "prefer" certain settings and styles of worship. Ethnic groups, as well as age groups, generally have preferences that are based on experience and upbringing—on what is familiar and comfortable. This may be another reason why God has granted us denominations.

What if we didn't always assume that a white or black person was a racist? Personally, I don't know many racists. My best childhood friend, was a young black boy named Jonathon from Quartz Hill. I still have and value a 1979 photo of our Quartz Hill Little League baseball team. And some of our best neighbors in the AV have been those in the black community. We must not forget these things.

What if black and white parents fostered unity instead of promoted division? Children are influenced heavily by the ideals of their parents.

What if we allow our hearts to break together and take fear, frustration and anger to the cross ... rebuilding society

instead of tearing it down?

What if we acknowledge the true source of conflict? It's a spiritual (not a color) battle (cf. Eph. 6:12).

Those who do not forgive or release bitterness, anger and hurt, never experience freedom, happiness or "true" restoration. It all starts here. Ephesians 4:31-32 encourages us to "let all bitterness, wrath, anger, outbursts, and blasphemies, with all malice, be taken away from you. And be kind one to another, tenderhearted, forgiving one another, just as God in Christ also forgave you."

In closing, John 10:10 is clear that Jesus came to give us life, freedom, and a relationship with God. He is our only hope ... the only source of true peace. Are you experiencing this peace? If not, that can change. You must trust in Him as Lord and Savior ... repent and turn to Him: "(I)f you confess with your mouth Jesus is Lord, and believe in your heart that God has raised Him from the dead, you will be saved" (Rom. 10:9).

If you're a believer, but find yourself trapped in sin, misery and depression, there is also hope. God continually calls His people back to Himself. If you return with all of your heart (repent), He will return to you.

We call ourselves a "Christian nation," but we often reject the biblical principles that made America great such as love, forgiveness, and unity. Sadly, we call this progress. Martin Luther King Jr., in a Letter from Birmingham Jail on April 16, 1963, wrote, "We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people." I hold the same opinion today.

What if ... ?

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Extravagant Worship Begins With This One Thing

“You are worthy, O Lord our God,
to receive glory and honor and power.
For you created all things,
and they exist because you created what you pleased”
(Revelation 4:11).

The sight of our Exalted God and Resurrected Glorified Christ must be so overwhelming that the only logical response is extravagant praise and worship. A glimpse into the throne room pulls from the heart unrestrained worship and adoration.

The biggest, most flamboyant words language can produce – glory, honor, power, worthy—even these don't quite give full expression. They throw their crowns at the feet of the Lord God Almighty. As if nothing they could have accomplished, or that might honor them, belongs to them. Every position or success has no worth other than to offer as gift to the King.

This song of worship states that the King created all things

and those things are in existence still because it pleases Him for them to exist. Translate that into your heart this way: You exist because you are a pleasure to God. He created what He pleased, and He pleased to create you.

Even in the midst of this breathtaking vision of the majesty of heaven's throne room, and the glory of heaven's King, there is His love for you. It is part and parcel with His glory, honor, and power that He loves you beyond comprehension.

Isn't it beautiful, this scene that only our hearts can see? Does it sweep you away in its pageantry and splendor? Yet, the glorious, all powerful, eternal God at His most exquisite, is mindful of you. Not aloof from the adoration poured out on Him, but returning it in equal measure. Not worship, certainly. But boundless love.

Let your heart see this scene. In the inner sanctuary of your own soul, worship with abandon. Let the wonder that you are precious to Him, known by Him, created because you please Him just by being—let it all wash over you and capture you in the great undertow of love flowing from Him, and drawing you in.

King of kings. Lord of lords, Creator, Sustainer, Only God I worship you with my whole life. I pour out my life at Your feet. May it be a sweet-smelling aroma of worship. May it please You and give You some small echo of the joy You give me.

“Ordinary human motives will appeal in vain to the ears which have heard the tones of the heavenly music; and all the pomp of life will show poor and tawdry to the sight that has gazed on the vision of the great white **throne** and the crystal sea.” (Alexander MacLaren 1826-1910).

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site for more information about her ministry.

Bernie Sanders Throws Down Gauntlet, Challenges Hillary Clinton for Presidential Nomination

Independent U.S. Senator Bernie Sanders of Vermont, a self-described socialist and one of the most outspoken liberals in Congress, will seek the 2016 Democratic nomination for president, he told U.S. media on Wednesday.

“I believe (voters) want a fundamental change so that government works for ordinary Americans and not just billionaires,” Sanders told USA Today. He said he would make the announcement official on Thursday.

Sanders also told the Associated Press in an interview he was running for president.

With former Secretary of State Hillary Clinton looming as the front-runner for the Democratic nomination in 2016, few other candidates have stepped forward in the party. Former Maryland Governor Martin O’Malley is expected to enter the race next month.

Sanders told USA Today he can compete by attracting small contributions from millions of Americans and mobilizing young people and other volunteers to help him wage a nationwide campaign.

“I am running in this election to win,” he said. “We’ve got a

long path forward. Most people in America have never heard of Bernie Sanders. More than 90 percent of Americans have heard of Hillary Clinton. ... I will absolutely be out-spent. But I do believe we have a chance to raise significant amounts of money through small, individual contributions," he told the paper.

Sanders, who caucuses with Democrats in the Senate, and liberal Democrats such as O'Malley and Senator Elizabeth Warren of Massachusetts are pressing Clinton to move to the left on economic policy by embracing tighter Wall Street regulation and a more robust social safety net.

Sanders, 73, has especially turned up the heat on the former first lady over the Trans-Pacific Partnership and a proposal to fast-track the approval of the 12-nation trade pact.

In a statement last week, Sanders blasted the TPP as a jobs-killer that favors corporations. He then raised questions about where Clinton stands on the issue.

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'Louie Louie' Singer Jack Ely Dies

Jack Ely, a former singer with garage band The Kingsmen whose largely slurred version of the song "Louie Louie" became a staple of rock radio, has died in Oregon at age 71, his son said.

Ely died this week at his home in Redmond of what appears to have been skin cancer, said his son, Sean Ely.

"His religious beliefs didn't incorporate medical stuff so

we're not really sure" about the cause of death, he said.

Jack Ely was with The Kingsmen in 1963 when they recorded a version of the rhythm and blues song "Louie Louie" that had been written in 1955 by singer Richard Berry.

Ely's slurred lyrics on the recording, which reached No. 2 on the Billboard charts, led to rumors he had sneaked obscenities into the song. The FBI opened an investigation in a futile attempt to determine all the words on the recording.

Ely later left the band which went on to record other hit songs without him, including "Money (That's What I Want)" and "The Jolly Green Giant."

He later went on to train horses at a ranch in Oregon, Sean Ely said. In 2012, he released a Christian album called "Love Is All Around You Now."

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