

Franklin Graham Has a Stern Message for 'War Hawk' Senator

U.S. Sen. Lindsey Graham (R-S.C.) is proudly one of the Senate's "War Hawks," and he let his military interventionist flag fly Sunday during an interview with NBC's "Meet the Press."

In that interview, he said:

I think ISIS should be Germany and Assad should be Japan, like World War II analogies here. Accelerate the demise of ISIL, they're a direct threat to the homeland, Assad's not. But I've never been more encouraged by the Trump administration than I am today.

Ambassador Haley just said on your program, "You'll never end the war with Assad in power." So that means regime change is now the policy of the Trump administration. That's at least what I've heard. So you need more American troops to accelerate the demise of ISIL. We're relying too much on the Kurds. More American forces, (5,000) or 6,000, would attract more regional fighters to destroy ISIL.

You need a safe haven quickly so people can regroup inside of Syria. Then you train the opposition to go after Assad. That's how he's taken out by his own people, with our efforts. And you tell the Russians, 'If you continue to bomb the people we train, we'll shoot you down' ...

[President Donald Trump] already has that authority. You've got some good people on this program. I differ with them in this regard. I think the president has authorization to use force. Assad signed the chemical weapons treaty ban. There's an agreement with him not to use chemical weapons.

What have we learned? That war criminals don't police each other very well. The Putin regime is a bunch of war criminals. And we expected them to police Assad. That didn't work out very well. So all these resolutions are limitations on using force, not authorizations to use force. So I don't intend to vote for anything that limits our ability to win the war against ISIL or replace Assad ...

We've already got troops on the ground. I don't see anybody saying, "Cut off funding." If you don't like the thousand American troops that are helping to destroy ISIL, cut off funding. Be consistent here. I want more American troops, () or 6,000, like we have in Iraq, to help destroy ISIL. That means it will accelerate the demise of ISIL.

I want to train opposition forces to take Assad down. He's a threat to the United States because he's a proxy of Iran. He used chemical weapons. He violated a treaty that he signed. I think it's up to us to enforce that treaty. We're on sound legal footing here. But our strategy is not yet developed. What comes next? I'm glad Trump did this. He is no longer Obama in the eyes of our enemies. But he needs to do more to close the deal. There's a new sheriff in town.

At times, during the interview, *Meet the Press* host Chuck Todd was visibly disturbed by what he was hearing from the senator. But he wasn't alone. The Rev. Franklin Graham didn't like what he was hearing, either, and he made that much abundantly clear Tuesday with the following commentary:

Senator Lindsey Graham said on *Meet the Press* Sunday that the U.S. military should send thousands more ground troops into Syria to fight ISIS. I strongly disagree, Senator Graham.

Why would we want to send more of our soldiers into Syria when there are national groups like the Kurds who are willing to take up the fight? They want to defeat ISIS; they

just need our support with more weapons.

The only reason we haven't armed groups like this already is because Turkey objects. And it's time we realize Turkey is not our nation's ally anymore. Pray for the people of Syria—and pray for our nation as these life-and-death decisions are made. {eoa}

What You Should Know About Satan's Power in This Age—and His Final Destination

I receive so many prayer requests about people suffering from demon oppression and possession, so we are going to study and find out what the Bible has to say about Satan and his demons. Who are they? Where did they come from? And more importantly, where is their final destination?

Scripture talks about the fall of Lucifer. He was a beautiful angel whom God created. But he deceived himself and became full of pride because of his beauty, and he thought he was greater than God, his creator. He even deceived a third of the angels to believe his deceitful lie and convinced them to rebel against God with him. Scripture says he fell from Heaven, "How you are fallen from heaven, O Lucifer, son of the morning! How you are cut down to the ground, you who weaken the nations!" (Is. 14:12).

But before he fell, it says that he was the anointed cherub who covered and that he was in Eden, the Garden of God, as well as on God's holy mountain. "

Son of man, take up a lamentation over the king of Tyre and say to him, Thus says the Lord God: "You had the seal of perfection, full of wisdom and perfect in beauty. You were in Eden, the garden of God; every precious stone was your covering: the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold. The workmanship of your settings and sockets was in you; on the day that you were created, they were prepared. You were the anointed cherub that covers, and I set you there; you were upon the holy mountain of God; you walked up and down in the midst of the stones of fire. You were perfect in your ways from the day that you were created, until iniquity was found in you (Ezek. 28:12-15).

But Lucifer was evicted from these places and more importantly, from God's presence, and his name was changed to Satan (the devil). The angels who fell with him are now called demonic spirits, or demons. And God has a place prepared for them called hell. The worst part of this eviction process is the separation from God, Himself. Lucifer's foolish pride cost him everything; he lost it all.

How are you fallen from heaven, O Lucifer, son of the morning! How you are cut down to the ground, you who weaken the nations! For you have said in your heart, "I will ascend into heaven, I will exalt my throne above the stars of God; I will sit also on the mount of the congregation, in the recesses of the north; I will ascend above the heights of the clouds, I will be like the Most High." Yet you shall be brought down to Hell, to the sides of the pit. Those who see you shall stare at you and ponder over you: "Is this the man who made the earth to tremble and shook kingdoms, who made the world as a wilderness and destroyed its cities, who did not open the house of his prisoners? "All the kings of the nations, even all of them, lie in glory, each one in his own tomb; but you are cast out of your grave like an abominable

branch and clothed with those who are slain, thrust through with a sword, who go down to the stones of the pit as a corpse trodden underfoot. You shall not be joined with them in burial because you have destroyed your land and slain your people. The seed of evildoers shall never be renowned. Prepare a place of slaughter for his children for the iniquity of their fathers; they must not rise nor possess the land, nor fill the face of the world with cities.

Why was he cast out?

“By the multitude of your merchandise, you were filled with violence in your midst, and you sinned; therefore I have cast you as profane out of the mountain of God; and I have destroyed you, O covering cherub, from the midst of the stones of fire. Your heart was lifted up because of your beauty; you have corrupted your wisdom by reason of your brightness; I cast you to the ground, I lay you before kings, that they may see you. You have defiled your sanctuaries by the multitude of your iniquities, by the iniquity of your trade; therefore I have brought fire out from your midst; it has devoured you, and I have turned you to ashes upon the earth in the sight of all those who see you. All those who know you among the people are astonished at you; you are a terror, and you shall cease to be forever (Ezek. 28:16-19).

“The great dragon was cast out, that ancient serpent called the Devil and Satan, who deceives the whole world. He was cast down to the earth, and his angels were cast down with him” (Rev. 12:9).

And this is his final destination found in Revelation 20:10: “The devil, who deceived them, was cast into the lake of fire and brimstone where the beast and false prophet were. They will be tormented day and night forever and ever.” This is a good Scripture to use when he tries to torment you. He fears his destination and does not like to be reminded of it.

Tomorrow, we will discuss why Satan went after Adam and Eve and why he goes after us today.

Becky Dvorak is a prophetic healing evangelist and the author of *DARE to Believe*, *Greater Than Magic* and *The Healing Creed*. *Visit her at* .

Christian Governor on Trial for Blasphemy Gets Exciting News

An Indonesian court on Tuesday adjourned the blasphemy trial of Jakarta's Christian governor until after the city's April 19 election, a contest pitting him against a Muslim rival that has divided the city and fanned religious tension.

The trial of Basuki "Ahok" Tjahaja Purnama, Jakarta's first ethnic Chinese and Christian leader and an ally of President Joko Widodo, has raised questions about the role of religion in politics in the world's biggest Muslim-majority nation.

Purnama has been allowed to campaign in the election despite his trial and prosecutors had been expected on Tuesday to call for him to be jailed on a charge of insulting Islam.

Instead, judges agreed to a request by prosecutors to postpone the hearing to April 20, a day after the election for city governor.

Police had also written to prosecutors to ask for a delay over security concerns.

“We think the police letter can be taken into consideration due to the matter of security,” prosecutor Ali Mukartono told the court, referring to the timing of the next hearing.

The prosecution’s main reason in asking for a delay was to have more time to prepare, he said.

City police last week called for the trial to be delayed until after vote because of worries that religious and ethnic tension in the city of more than 10 million people were running high.

Purnama went on trial late last year after some Muslim groups objected to comments he made about his opponents’ use of the Koran in campaigning.

Since then, hundreds of thousands of Muslims, led by hardline groups, have taken to the streets to call for Purnama to be sacked and to urge voters not to elect a non-Muslim.

Some anti-Purnama protesters said they were disappointed with the delay.

“This hearing was delayed deliberately until after the election ... The election, a political factor, is affecting this legal process,” said Pedri Kasman, a member of the moderate Islamic group, Muhammadiyah.

Muslims make up nearly 90 percent of Indonesia’s 250 million people, but there are sizeable communities of Buddhists, Hindus, Christians and people who adhere to traditional beliefs.

The state ideology, Pancasila, enshrines religious diversity in an officially secular system.

Purnama has apologized for his comments and denied any wrongdoing. He faces up to four years in prison if found guilty.

Despite his trial, Purnama enjoys strong public support because of his efforts to ease Jakarta's chronic traffic congestion and flooding. {eoa}

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If Jesus Can Restore Peter, He Can Restore You

One of the saddest parts of the Easter story occurred the night Jesus was arrested. His disciple Peter was stressed to the breaking point and fearful of the crowd. When the high priest's servant girl accused him of being a disciple of Jesus, he denied it.

When the girl repeated her accusation to some bystanders, he denied knowing Jesus again. When others questioned him, the Bible says Peter "began to invoke a curse on himself, and to swear, 'I do not know this Man of whom you speak'" (Mark 14:71). The brave disciple who had promised Jesus he would follow Him anywhere turned into a pitiful wimp. He caved in under the pressure.

Then the rooster crowed, and Peter remembered Jesus' words: "Before the rooster crows twice, you will deny Me three times" (v. 72).

This could have been the end for Peter. He wept bitterly and disappeared. He never says anything else in Matthew and Mark's Gospels. Luke says Peter went to Jesus' tomb and found it empty. John's is the only Gospel that explains how Peter found full restoration after his failure.

Sulking, lonely and dejected, Peter went back to what he knew—his fishing job. He had fished all night and caught nothing. But then Jesus appeared on the shore and invited His friends to cast their nets on the right side of the boat—and they hauled in a full net of fish!

This was a divine sign that their Master still had plans to use Peter, in spite of his weakness.

Peter must have been curious when He saw the full breakfast Jesus had prepared for the disciples on the beach. How could this be? Jesus wasn't frowning or scowling. Nor was he waiting to deliver a stern rebuke. He didn't scold Peter or even remind him of his cowardly denial.

This amazing Savior simply invited Peter to sit with him and eat. Jesus wanted to be with his friend.

Then Jesus talked his beloved Peter through the process of healing. He said to Peter three times: "Do you love me?" Surely Peter realized that Jesus was repeating himself three times in order to intentionally apply forgiveness to his three denials. Jesus' three commands to Peter ("Feed My lambs," "Tend My sheep" and "Feed My sheep") provided all the reassurance he needed.

Jesus had not disqualified him. Peter was not sent away as a failure. He was back in the game.

What is even more amazing is how the shaky, impetuous, insecure Peter was transformed after he was baptized in the Holy Spirit a few weeks later. This weak man who crumbled under pressure when His Master was arrested then preached not one, not two, but three important sermons in the opening chapters of the book of Acts.

First, Peter preached on the day of Pentecost and boldly declared to a crowd that Jesus is the Messiah—and 3,000 people were converted. Second, after God healed the lame man in

Solomon's portico, Peter preached a sermon of repentance and 5,000 people were saved. Third, after Peter and John were arrested and brought before the high priest, Peter bravely defended his faith in Christ and told the elders: "There is salvation in no one else" (Acts 4:12).

Three denials. Three affirmations of Christ's love. Three courageous sermons defending Jesus in the face of opposition. I hope you can do the math.

Peter's story is my story—and yours. We all need to know that the risen Savior is willing to welcome us back even when we have disappointed Him. He is faithful even when we are faithless.

There is a bit of Peter in all of us. We are weak in the face of temptation. We have dropped the ball too many times. We allowed fear to paralyze us. Maybe you have even keep a spiritual scorecard to remind yourself how many times you have struck out. You may have assumed God's grace had reached its limit.

Yet the Easter story shows us otherwise. The same Christ who conquered the grave also conquered our sin and shame. The same Peter who denied knowing Jesus ended up being one of his boldest witnesses.

As you celebrate Resurrection Day this weekend, please remember that after Peter wept over his embarrassing failure, the sun came up and Jesus appeared on the shore with a meal prepared. He invited Peter to breakfast, and then lovingly restored his faith. Jesus can do the same for you, no matter how you have failed Him. {eoa}

Successfully Preparing for Earth's Final Hours

The borders of the prophetic puzzle are now in place. Nearly every day other pieces are falling into their proper positions, signaling that the day of the Lord is rapidly approaching.

Peter warned of those who would mock those who speak of Christ's second coming: "Know this first, that there shall come scoffers in the last days who walk after their own lusts" (2 Pet. 3:3). I find many of these scoffers, unfortunately, in the professing church.

Defend Against Deception

Corrupt theology today travels at lightning speed because of the internet. It then quickly makes its way into our pulpits, seminaries, and schools. Again, it was Jesus who said, "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father who is in heaven" (Matt. 7:21).

The nature of deception is you think you're right when you're wrong.

Jesus said, "Beware of false prophets who come to you in sheep's clothing, but inwardly they are ravenous wolves" (Matt. 7:15). The good news is this: when we stay connected to Jesus Christ, His Spirit, and His Word, we will develop supernatural discernment and find true hope in these last days (Ps. 119:49; Col. 1:5; Heb. 5:14).

Discernment is our divine defense against deception, delusion and apostasy.

The question is this: Is there really any hope? Yes, but only

in Jesus Christ. God promised a blessed hope for those who walk with Him as Enoch did. "... we await the blessed hope and the appearing of the glory of our great God and Savior Jesus Christ" (Titus 2:13).

"By faith Enoch was taken to heaven so that he would not see death. He was not found, because God took him away. For before he was taken, he had this commendation, that he pleased God" (Heb. 11:5).

Jesus is coming for His bride, the church, in the twinkling of an eye. We shall meet Him in the clouds. That's a great hope.

In these last days, there will arise some who will possess great understanding of the times and will actually perform miracle exploits in the name of Christ. You can be one of these amazing last-days giants in the faith.

How Do You Prepare?

First, prepare spiritually. Know the Lord and walk with Him daily. Intercede for others. Make sure your family knows Jesus.

Second, prepare attitudinally. Be at peace in Christ; trust Him implicitly. Even in the worst times imaginable, He encouraged, "Let not your heart be troubled" (John 14:27b). I know it can be scary, but God hasn't given us a spirit of fear.

Third, prepare practically. This is where you take action steps, putting on the armor of God daily and doing something daily to help others in their journeys of faith. Fellowship with like-minded believers.

"But the people who know their God will be strong and take action" (Dan. 11:32). {eoa}

Dr. Dave Williams served for over 30 years as pastor of Mount Hope Church in Lansing, Michigan, with over 500 outreach

ministries around the world. During his tenure, Mount Hope Church gave over \$40,000,000 to world and local missions. His leadership training course, The Art of Pacesetting Leadership, is credited with catapulting one church from 226 to over 4,000. Another church went from 8 to over 1,000. His all-time best-selling book, The New Life: The Start of Something Wonderful, is a practical, step-by-step guide to help new believers become established in their Christian walk and has sold over 2.5 million copies. On May 2, 2017, Charisma House will release his latest book, Hope in the Last Days. Dave now focuses on helping young ministers whenever he has an opportunity.

Thomas More Society: ‘Help David Defeat Goliath’

As Center for Medical Progress founder David Daleiden prepares to go to battle in the courtroom once again over his undercover exposure of Planned Parenthood’s illegal trafficking of aborted baby body parts, he will need all the help he can get from grassroots pro-life activists.

A livestream hosted by the Thomas More Society on Tuesday night, titled “Help David Defeat Goliath,” will provide those advocates with both an update on Daleiden’s case and an action plan for the fight ahead. The webcast will begin at 9 p.m. CDT and will feature Daleiden and his Thomas More Society attorneys, Chief Counsel Tom Brejcha and Special Counsel Peter Breen.

It will be hosted by David Bereit, former CEO of 40 Days for Life. Among the topics to be discussed:

- Breaking news about the 15 trumped-up felony charges filed against Daleiden by California Attorney General Xavier Becerra, who received huge political campaign contributions from Planned Parenthood.
- Shocking revelations about the aborted baby body parts scandal from behind closed doors at Planned Parenthood and those who do business with the abortion giant.
- The congressional investigations into Planned Parenthood's inhumane practices that have resulted from Daleiden's exposé, along with the nationwide efforts to defund the abortion chain of a half billion taxpayer dollars and channel that money into legitimate health care.
- A sobering look at what is at risk if the abortion industry wins these legal battles.
- A plan for pro-life advocates and supporters of First Amendment rights to get involved and help crusader David Daleiden triumph over the abortion Goliath.

[Click here to register to watch the video.](#) {eoa}

The Shocking Reason These Students Don't Want Chick-fil-A on Their Campus

A gay student group at Duquesne University fears that a proposed Chick-fil-A outpost could jeopardize the school's safe spaces.

"Chick-fil-A has a questionable history on civil rights and human rights," Lambda executive board members Niko Martini told *The Duke* (the university's student newspaper).

Martini asked student government leaders to pass a resolution urging the school to reconsider Chick-fil-A as a dining option for students at the Pennsylvania Catholic school.

“I think it’s imperative the university chooses to do business with organizations that coincide with the university’s mission and expectations they give students regarding diversity and inclusion,” Martini went on to tell the newspaper.

So far, the student government association has not passed a resolution one way or the other. And with good reason.

A university spokesperson told the newspaper they picked Chick-fil-A at the request of the student body.

Still, fragile feathers were ruffled by the news of the store’s proposed on-campus arrival.

“I’ve tried very hard within the last semester and a half to promote this safe environment for the LGBTQ+ community,” Lambda President Rachel Coury told *The Duke*. “So I fear that with the Chick-fil-A being in Options (an on-campus food court) that maybe people will feel that safe place is at risk.”

President Olivia Erickson vowed to look into Lambda’s concerns.

“We are working on gathering students’ opinions and getting all the facts we can so we can make the best decision,” she told the newspaper.

Well, here’s a cold, hard fact: Chick-fil-A is not in the business of selling hate chicken. They are a rock-solid, family-owned company flavored by Christian values. They do not discriminate. Period.

“It would be a really big deal for Lambda and the whole LGBTQ community on campus if someone could make a statement to eliminate the fear of being marginalized by having this

business on campus,” Coury told the student newspaper.

Folks, this anti-poultry bigotry from perpetually offended groups is getting to be a bit tedious.

By the way, I’d like to commend *The Duke* for doing a fine job reporting the story. Their presentation was indeed fair and balanced—and quite frankly, refreshing.

As for Duquesne University students who might be triggered by a Chick-fil-A cow—I would urge you to make an appointment with your school’s counseling service. {eoa}

Subtle Ways You May Be Emotionally Starving Yourself—and Your Spouse

Take a moment and honestly ask yourself if you are so busy that you have little time for your spouse? This doesn’t necessarily mean that you are traveling all the time, although that could definitely be a way to avoid intimacy. There are often more subtle ways in which you are able to keep yourself so busy that you have little time for your spouse. Intimacy anorexia could be the root cause of this behavior.

Intimacy anorexia can impact other primary relationships like the children and extended family. It’s been my experience, however, that the marital relationship is the primary relationship that intimacy anorexia manifests itself.

An intimacy anorexic keeps so busy that they have little time for their spouse. First, we’ll discuss those reasons that have nothing to do with technology, then those that are technology-

based. One way to stay busy is always doing housework; for example, cleaning constantly and rearranging regularly. Children also bring several ways to avoid the spouse. This may include doing homework with a child (without the spouse), playing with the children and excluding the spouse, or working on solo projects around the house. I know some couples who buy and live in fixer-uppers; they are constantly doing projects and have no time for each other.

There are readers who avoid by burying themselves in the newspaper, latest novel, or self-help book, and writers who endlessly write instead of relating. There are also those who need to sleep so much that they avoid connecting with their spouse.

Technology is a dream come true for many intimacy anorexics, since it can feel as if they are actually doing something or relating to the images on some type of screen. The computer, and especially the internet, is the greatest avoidance strategy of our day. The anorexic may be involved in social networking, shopping, checking weather, chat rooms, pornography, games, gambling or research. This may eat up many hours while their spouse is in the other room, waiting to relate.

There's older technology, a terrific device that even allows spouses to be in the same room, next to one another, and still not relate. That's right, I'm talking about the television. That device should be called the intimacy-zapper. Both people are in altered states, separated from each other, and when they do come back to reality, at least one spouse is too tired to talk. By the time they pry themselves off of the furniture, it's time to go to bed.

Computer games and video games are another way for anorexics to distract themselves from their spouse. These games have become very realistic. Saving a false world from destruction, for example, is often more valuable than connecting to the one

you said you would love, honor and cherish. These inside-the-house avoidance strategies must be addressed and eliminated to begin recovery from intimacy anorexia.

Some intimacy anorexics have busy avoidant strategies outside of the home to actively withhold intimacy from their spouse. These activities can be positive and easily justified. The person who volunteers to avoid intimacy has a cause they are helping and can justify their absences. The religious person is saving the world, but intentionally withholding from their spouse. The over-worker avoids intimacy while justifying their behavior through work to create more money or achieve goals. There is the golfer, sports participant or fan, who is loyal to themselves and a team, but isn't intimate with (or loyal to) his or her spouse.

Any of these behaviors could be fine in a marriage if they are staying connected to their spouse. In the absence of connecting, "busy" becomes a way by which the intimacy anorexic actually withholds intimacy, or even the potential for intimacy, through this type of avoidance.

You and your spouse deserve true love, intimacy, sexuality, and a relationship that is authentic, fun, and full of the hope and dreams you've always wanted. I have seen many brave men and women wage war on this stealth addiction and begin to give and receive intimacy from the love of their lives—their spouse.

If you believe you or your spouse is struggling with Intimacy anorexia, visit for more characteristics or purchase the book *Intimacy Anorexia*. {eoa}

Doug Weiss, Ph.D., is a nationally known author, speaker and licensed psychologist. He is the executive director of Heart to Heart Counseling Center in Colorado Springs, Colorado, and the author of several books including, *Servant Marriage*, *Sex, Men and God*, *Intimacy* and his latest, *Worthy: Exercise and*

Step Book. You may contact Dr. Weiss via his website, , by phone at 719-278-3708 or through email at heart2heart@.

Stomping the Head of Torturous Fear

Hell is described as a place of eternal torment. But did you know that put yourself through hell on Earth whenever you tolerate fearfulness in your life?

Yes, that is a strong statement. But it is true.

I thought about that when I had some phone calls that I did not want to make the other day.

I started to put off doing them. Fear typically drives procrastination.

But then a startling reason came to me to get them done—a reason that I've never thought before:

“I don't want to put myself through torment.”

1 John 4:18 (NKJV) came to mind as I pondered that new thought: “There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”

Torment is associated with torture; the dictionary defines torment as “extreme mental or physical anguish.”

Have you ever allowed your mind to indulge in fearful, anxious thoughts? What you are doing is subjecting yourself to a form of mental torture.

From now on, I challenge you to associate fear with mental torment for motivation to overcome it.

Here is another startling fact about fear:

People who do not accept the Lord Jesus as their Savior due to cowardice—fear of what other people think or fear of having to forsake a destructive lifestyle—will have their part in the lake of fire according to Revelation 21:8 (MEV): “But the cowardly, the unbelieving, the abominable, the murderers, the sexually immoral, the sorcerers, the idolaters, and all liars shall have their portion in the lake which burns with fire and brimstone. This is the second death.”

In contrast, those of us who had the courage to accept and follow Jesus as our Savior and receive forgiveness of our sins have the right to boldness: “The wicked flee when no man pursues, but the righteous are bold as a lion” (Prov. 28:1).

We are not bold because of our own righteousness; after all, we have none apart from Jesus. However, He has given us a new identity in Him as the righteousness of God in Christ (see 2 Cor. 5:21).

So we can get rid of tormenting fear to the degree that we remind ourselves of the greater one who is in us and with us.

Many Christians fear because they face situations and think to themselves, “Where is God?”

Author Ravi Zacharias has a great answer to those who ask such a question:

“He is exactly where we left Him.”

The Lord never leaves nor forsakes us, according to His Word.

In addition to reminding ourselves of our identity in Christ and His presence with us, we must receive His perfecting love to cast out fear. Remember 1 John 4:18 says that perfect love

casts out fear.

So if worry, anxiety and fear continues to torment you, then that means you need to receive the Lord's perfect love all the more in the midst of your situation.

I often use a short prayer in the midst of any fear that tries to come my way: "Lord, perfect me in your love."

As God's people, let us refuse to accept tormenting fear in our minds, in our lives.

The only fear we should allow to dwell with us is the fear of the Lord—which is reverencing, honoring, and respecting the Lord enough to do what He says.

Let us fulfill our destiny according to Daniel 11:32, "But the people who know their God will be strong and take action."

Be blessed in health, healing and wholeness. {eoa}

P.S. Is releasing excess weight one of your fears? I used to fear that I would become someone I wouldn't like if I lost weight! So I would sabotage myself subconsciously when I would get down to a certain size, afraid to go any further.

Both fear of failure and fear of success tormented me.

But the Lord gave me courage to face my fears through His perfect love. As a result, I reached my ideal weight and have maintained it for several years.

If fear is keeping you from reaching your weight loss goals, then the Take Back Your Temple program will help you renew your mind so that you will become courageous and become everything the Lord wants you to become. {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and*

the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.

This article originally appeared at .

Why One Suffering Mother Chose to Lift Her Hefty Cross

One tends to think of the Christian life in terms of softness, of words such as love and grace and peace. Those words are real to be sure. Yet there are other words in the walk of Christ—tough, rugged words—words that are hard to hear, hard to say and harder still to live. This part of the vocabulary of the faith is replete with angular words, sharp words with none of the corners rounded off or sanded down.

The cross is just such a word. Pain, horrific and humiliating pain, and all the rest of the human nightmare of abandonment and betrayal are in that one word. I passed a jewelry store window in which were displayed some of the most gorgeous, bejeweled crosses I've ever seen. In the midst of them was this sign:

These Crosses on Easy Terms

Jewelry-store crosses may well come on easy terms. The real ones never do. Theological crosses, the ones talked about in seminaries, may sound as if they come on easy terms. In real life, they never do. It is in human relationships that the cross is always the ugliest and most expensive. It is not in Good Friday devotionals but in human relations where we encounter the real cross, the wretched, blood-soaked cross still unsoftened by the pastel colors of Easter decorations.

We know the catechism. We know about the depravity of man. Theoretically, that is, in our heads. Where the cross hurts, where its nails become real, more real than we were ever told they would be, is when the depravity of others touches our lives.

The soldiers who nailed Jesus to the cross were not actors in a passion play. They were very real human beings manifesting all that "theoretical" depravity. So were the religious leaders who plotted Jesus' arrest and betrayal, as was the mob that howled for his blood. The weak-kneed, morally compromised and calloused civil servant who gave Jesus over to be crucified was not a prop in a movie. "Suffered under Pontius Pilate," is not just a line in the Apostles' Creed. It was real life. A real man suffering real pain, unimaginably real pain, at the hands of, or at least at the behest of, another real man. That is what the cross means. Suffering, sacrifice and pain in real life. In other words, the cross is not real until it's real.

The cross of Christ leaps from Sunday school lesson to real life when we suffer at the hands of others. It becomes even more real, even harder to bear when those we love suffer at the hands of others. Where the nails thrust themselves through our flesh and straight on into the wood is where the depravity of others becomes our unbearable pain.

I know I am called to a life of forgiveness, but I cannot forgive until there is something to forgive. Until my flesh screams, the cross is theory. Then, suddenly, it is altogether more real than I could ever have imagined it would be. It's not characters in a Bible story who make the cross real. Sinful spouses do. So do irritating in-laws and wretched neighbors. When the soldiers gambling for Christ's clothing at the foot of the cross morph into real thugs with real guns, the cross causes real pain, not Sunday school pain. That kind of cross never comes on easy terms.

I invite you to click on this link and read a story written not by a theologian but by KLAS-TV Channel 8 in Las Vegas, Nevada. It's not the story of a murder but of the aftermath of murder. It's not a story about the depravity of a sinful gunman, but of a woman who bore the cross of grief and pain he fashioned. The kind of cross she hefted never comes on easy terms and hers certainly did not, but lift it she did.

After you read her story, think on this. On the other side of every cross there is a witness to the Resurrection. The pain of her life became the testimony of Christ's redeeming love. Now read again the words of the defense attorney, Joe Abood. "I've never seen anything like it." I should think not. It is rare indeed.

There is only one way, only one terrible place to get a view on that kind of victory. It can only be seen where the unspeakable pain of the cross of Christ becomes real in a real life. There where real faith lifts a real cross, the Resurrection of Christ becomes real as well. {eoa}

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