

Have You Fallen For This New Age Practice?

Have you wondered if as a Christian woman it is OK to practice self-care?

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Not to overspiritualize something, but Jesus *did* say that the road to life was narrow and not very populated.

So, not only is it narrow, but you won't even run into a traffic jam on this narrow road.

So, whenever I see a large crowd of people moving in one direction, I tend to want to move in just the opposite direction. And I see a lot of people rushing after the idea of self-care.

Even Christian people.

I have thought a lot on this topic of self-care.

I'll be honest and say, I haven't read very much (hardly at all) about what my favorite writers have to say about this, mainly because I wanted to hear the voice of the Holy Spirit speaking to me what His thoughts are.

And since praying and pondering what has come to my heart, I have two concerns about what is termed self-care.

Is Self-Care Biblical for Christian Women?

When you look at what secular society terms "self-care," it is very easy to get drawn in, because websites that promote self-care encourage women to take care of their health, laugh and be in the moment.

All good things that everyone should do.

But the further down the list we go, we begin read about yoga, meditation and this very deceptive line that I found on the website PsychCentral, “Good self-care is key to improved mood and reduced anxiety. It’s also key to a good relationship with oneself and others.”

And here are where two red flags pop up for me.

1. Self-care is self-focused.

The secular concept of self-care is completely void of God—and thus secular. And this is the foundation for my concern for Christian women engaging in self-care.

We are responsible for our mood, our anxiety levels. And thus, we need to do those things for ourselves that will improve our mood and reduce our stress and anxiety.

But what does Scripture say?

Scripture tells us that true and lasting joy is only found in the Lord. True joy is a fruit of the Holy Spirit in our lives. You can read my post 25 Verses that Command Us to Have Joy to see just how often the Bible talks about this.

Throughout Scripture, we’re commanded to make God our joy.

Not a good mood.

Not self.

And when our lives are centered on God’s Word, and when we’re living in right standing with Scripture, joy is a natural outcome.

When we’re stressed-out and dealing with anxiety, Jesus tells us to come to Him. “Come to Me, all *you* who labor and are heavy laden, and I will give you rest” (Matt. 11:28).

Peace will not be found in yoga, meditation, mindfulness, becoming centered and balanced, or any of these other secular activities.

True, lasting peace that surpasses all understanding and that guards our hearts and minds in Christ Jesus is only found in Christ Jesus.

2. Self-Care promotes New-Age practices.

When we fall into the first trap of trying to find joy and peace in ourselves, and apart from Christ, we'll naturally fall into this second trap.

And that is because they are coupled together.

Finding joy and peace within ourselves requires buying into the New-Age belief that is humanistic at its center. It places self as the deity in our lives.

It is self-exalting.

Self-care recommends yoga and meditation; mindfulness and being centered and balanced. It recommends speaking affirmations.

These are all New Age-based buzz words that come from humanistic and New-Age beliefs that place man at the center and leave God entirely out of the equation.

Yoga, meditation, mindfulness and centeredness all come from Eastern religions. You can read my post here on how biblical meditation differs from Eastern meditation.

Affirmations such as "You are amazing. You are loved. You are wonderful. You are worthy" are not empty words.

These types of affirmations are full of self-exalting, humanistic values that completely contradict God's Word.

Instead, the Bible tells us that we are to meditate on His

Word day and night. The Hebrew word for “meditate” literally means “to mutter under your breath.”

Speaking.

Do you see how this secular view of self-care flies right in the face of how Christians are supposed to live when their lives are founded upon the principles of God’s Word?

So then, how is a Christian woman supposed to take care of herself in a biblical way?

That is what I want to explore with you in some upcoming posts. {eoa}

Rosilind Jukic, a Pacific Northwest native, is a missionary living in Croatia and married to her hero. Together, they live with their two active boys in the country, where she enjoys fruity candles and a hot cup of herbal tea on a blustery fall evening. She holds an associate degree in practical theology and is passionate about discipling and encouraging women. Her passion for writing led her to author a number of books. She is the author of “A Little R & R,” where she encourages women to find contentment in what God created them to be. She can also be found at these other places on a regular basis. You may follow her on Facebook, Twitter, Pinterest and Google +.

This article originally appeared at .

Self-Care Is a Popular Teaching, But Is It Biblical?

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How to Go Where the Holy Spirit Takes You

Have you ever been on a sailboat? The one time I had the pleasure of sailing was an amazing experience. We were moving across the water *fast*—and without a sound.

The thing about sailing is that the power to move you does not come from the boat itself. There's no motor. No one is rowing. Something you cannot see is carrying you along.

It's a completely different experience from exerting your own effort to move, such as in running or rowing. And the silence of no motor is almost unnerving to those of us used to cars, planes or even motorboats.

But nothing happens. Your boat will not move, unless you raise the sails.

That's what Jesus likened the work of the Holy Spirit to. After telling Nicodemus that he must be born again Jesus said, "The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit" (John 3:8).

As with a sailboat, the power to change you, to move you, to transform you does not come from your own efforts. You can try all you want to make yourself like Jesus, and very little happens. Oh, you might stir up a few ripples in the water, but you end up only wearing yourself out and becoming discouraged. It's the Spirit who does the transforming.

But you will not change, you will not be transformed, unless you raise your sails to catch the wind of the Spirit.

Raising Your Sails

We can get downright discouraged and worn out when we try to change ourselves. And we will become frustrated and wonder what's wrong when we simply sit back and wait for God to do it for us.

Our role in our own transformation is to raise our sails.

Paul talked about this in a Scripture most of you know well; "Therefore, my beloved, as you have always obeyed, not only in my presence, but so much more in my absence, work out your own salvation with fear and trembling. For God is the One working in you, both to will and to do His good pleasure" (Phil. 2:12-13).

God works, and we work.

If you try to do God's work, you'll get worn out. And if you don't do your work, nothing will happen.

How Do You Raise Your Sails?

That's what we're going to talk about at the Change(d) Conference coming up this Saturday, Sept. 15, 2018, in Austin, Texas. And I hope you can join us!

In this interactive and practical three-hour event you'll learn how spiritual transformation happens. You'll learn how to raise your sails in your physical being, your mind and emotions, your relationships and your innermost spiritual self. You'll learn the place to go to experience ongoing spiritual transformation—a place you can go over and over again any time you need.

Join me and others for breakfast and a morning of experiencing the change you need, and that God wants for you.

Jesus won't be satisfied with anything less than your transformation. Will you be satisfied with anything less?

Join me for the **Change(d) Conference**, and discover how spiritual transformation happens.

Your Turn: *In what area of your life do you need to experience God's transformation? Are you ready to learn how to raise your sails? Leave a comment below.* {eoa}

Dr. Carol Peters-Tanksley is both a board-certified OB-GYN physician and an ordained doctor of ministry. As an author and speaker, she loves helping people discover the Fully Alive kind of life Jesus came to bring us. Visit her website at .

This article originally appeared at .

James Goll: It's Time to Call Forth the Missing Parts of the Body of Christ

Have you ever wrestled with whether to pray or whether to act? I propose that *both* are needed in the body of Christ in this hour. We need both Mary and Martha to come together in a powerful convergence.

Are you motivated by love from a pure heart? Are you a “burning one” or a “burned-out one”? Compassion ministry, or whatever you want to call it, can be very draining and exhausting. But it doesn't have to be. It depends on your motivation and your approach. It should not drive you, but rather God's heart should lead you. Do you see the difference? Do you live the difference?

“Thus says the Lord of Hosts: Execute true justice, show mercy and compassion, every man to his brother. Do not oppress the widow, orphan, sojourner, or poor. And let none of you contemplate evil deeds in your hearts against his brother” (Zech. 7:9-10).

Needed: A Convergence of Mary and Martha

Remember the story about Mary and Martha? In the past, I heard that “Mary chose the better part,” and that Martha was reprimanded. I have often taught about the “Three Friends of Jesus” and how different they each were. No two friends are alike in your life, and they were not in the life of Jesus, either.

We need to look at these Scripture teachings on Mary and

Martha a bit more closely. Part of the story takes place in John 11, and it revolves around Lazarus, who was Mary and Martha's brother. Mary was the one who had anointed Jesus' feet with perfume and wiped His feet with her hair. She was also the one who just wanted to sit at His feet and listen to Him speak, while Martha was in the kitchen preparing food (see Luke 10:38-39). There has been a lot of emphasis on Mary in recent years and the place in God she typifies. We all need to have the heart of Mary—loving to sit at His feet, period.

Martha, dear Martha! She was the one who received Jesus and welcomed Him into her house. Now, she did become distracted with much serving, and that was the point that Jesus spoke tenderly to her, redirecting her heart to “the better part,” to worship Him (see Luke 10:41-42). But I believe He was wooing her, drawing her to Himself, not correcting or belittling her. She had messed up, had an attitude problem and had compared her serving and cooking to Mary's sitting. What a common error that is—a lesson many of us are still trying to learn.

When Lazarus was sick, the sisters sent word to Jesus (see John 11). Although Jesus loved Lazarus, He did not come right away, but rather waited until Lazarus died. By the time He came, Lazarus had been in the tomb for four days. John wrote:

“When Martha heard that Jesus was coming, she went and met Him, but Mary remained in the house. Martha said to Jesus, ‘Lord, if You had been here, my brother would not have died. But even now I know that whatever You may ask of God, God will give You’” (John 11:20-22).

Do you see a pattern? Not only was it Martha who welcomed Jesus into her house, and in that, to her city, but when her brother died, she was the one who met Him, and asked for her brother's life to be restored. We need Martha! It doesn't have to be, “Are you a Mary or a Martha?” The point? God wants us to be both.

There is no place for comparison in the kingdom of God, and we don't have to choose between either living a life of prayer and devotion or one of serving—we are to choose both. If in the past, you've considered yourself a Mary or a Martha and making that determination has disqualified you from being in the other camp, the wall is now torn down and the camp enlarged. It's time for Mary and Martha to come together. After all, they were sisters, and they did live in the same house. So should we.

Missing Body Parts

A thought has come to me concerning all of this. Once when I [Michal Ann] was in a deep place in prayer on the hard stone floor of the Elijah Inn in Pemba, Mozambique, I believe the Lord showed me something. As I lay there, while deep in a place of travail, intense heat and all of our team groaning and laboring for God's justice to be established in the land, I saw the body of Christ. I saw the call to have compassion and to act. But then I saw something else. The body thought it was functioning well and performing the will of God, but in actuality it had no bowel. It did not even realize that it was missing a major body part—one of the most important organs, where most of the nutrition comes from and feeds and brings nourishment to all the other body parts.

Of course, we need to pray—really pray that we get this, both individually and corporately. We need to pray for a miraculous release, The Lord has been showing different people that there are rooms in heaven that are full of body parts waiting for a wave of unprecedented healing anointing to be released. Why not pray for supernatural release for the body—a wave of unprecedented compassion across all lands, to all people groups, tribes, tongues and nations?

The world is literally screaming at us, desperate for help. According to recent studies, 75 percent of the world's population lives in poverty. Most of these people live in

third-world or developing countries. The average annual gross income for individual workers in Western countries is \$27,000. Contrast that with the rest of the world, where the average annual gross income is between \$450 and \$2,500 per person. What a difference!

Forty percent of the world's population consists of children. They are the ones who suffer more than all others. In fact, over one billion children are at risk today, and many have become actual victims of extreme poverty, homelessness, the loss of their parents, child labor, abuse, slavery, sexual exploitation, AIDS and other illnesses, and the effects of war and religious persecution.

In certain parts of the world, orphaned children are conscripted into armies and suffer sexual, mental, and physical abuse. They are forced to carry guns and trained to kill. At times, the governments involved are willing to "sell off " numbers of these children to ease their financial situations. Finances are needed today for these purposes. I know of dear, precious saints who are working behind the lines to rescue these children and give them hope for their destinies and to restore self-respect and self-esteem.

If those children were your children, or those people your family, don't you think your attitude would be different? I know mine would! And yet, that is what the Lord wants to do—enlarge our hearts to such a degree that "they" become "our family." They are His kids, the love of His heart, and we just don't seem to get it or care. When will we get it? When will we engage and do something about these needs? When will we lift up the fields and pray to the Lord of the harvest and then turn around and become the answers to our very prayers?

We Need Each Other

If we are missing compassion, then call it we are missing evangelism, then call it forth. If we are missing faith for

provision, then call it forth. If we need more Marthas, then call them forth. If we need more Marys, then call them forth. If we need more Lazaruses, then call them forth. If we are missing significant parts of the body of Christ in a region, then let's pray to God and then do something about it.

We are better together! Passion needs compassion, and compassion leads to action. So which is it? Is it faith or works? Is it Mary versus Martha or is it Mary and Martha living in harmony together in the same house? I leave you with an urgent plea: "It is time in the body of Christ for Mary and Martha to get along."

We do it better together!

Father of all, thank You for the love and compassion You show me each and every day. Thank You for Your faith and mercy, Your grace and power, and Your Son Jesus Christ, in whom I trust and believe with all my heart. Let opposites attract. May there be a true convergence of the Marys and Marthas resulting in the testimony of the raising of the dead come forth. Let prayer with intimacy and works fueled by grace find one another. Amen and Amen!

65 Women Come to Kavanaugh's Defense After Sexual Misconduct Allegations Levied

Sixty-five women who say they have known Judge Brett Kavanaugh since high school are coming to the Supreme Court nominee's defense after allegations of sexual misconduct were leveled at the judge this week.

On Thursday, Sen. Dianne Feinstein, D-California, announced she'd forwarded a letter from an anonymous constituent to the FBI reportedly alleging a decades-old incident involving Kavanaugh and a girl from high school.

Judge Kavanaugh, meanwhile, is emphatically denying the allegations.

"I categorically and unequivocally deny this allegation. I did not do this back in high school or at any time," he said in a statement Friday.

And in a letter to the Senate Judiciary Committee, Kavanaugh's 65 former classmates are throwing their support behind the 53-year-old nominee, insisting the charges are false.

"We are women who have known Brett Kavanaugh for more than 35 years and knew him while he attended high school between 1979 and 1983. For the entire time we have known Brett Kavanaugh, he has behaved honorably and treated women with respect," read the letter. "We strongly believe it is important to convey this information to the committee at this time."

Shortly after Senate Judiciary Chairman Chuck Grassley, R-Iowa, announced the committee will vote on Kavanaugh's nomination next Thursday, Feinstein called for a delay, citing new information on the nominee.

Feinstein told Republicans she sent a letter to the FBI to review but did not show it to any Senate Judiciary Committee Republicans. According to Fox News, Feinstein received the letter in July from Rep. Anna Eshoo, D-California, but did not reveal it publicly until Thursday. {eoa}

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4 Keys to Unlock the Mystery of the 7th Shofar and the Rapture

Those who believe that the rapture of the saints and the resurrection of the righteous in Yeshua comes at the end of the tribulation (Post Tribulation), present two views of where to place the rapture. One view, which I think is the more dominant, is that it comes at the seventh shofar in Revelation 11. The other view is that it comes at the end of the season of the bowls of wrath (a brief season at the end of the tribulation), and is identified with the blowing of the shofar at the end of Yom Kippur. This identification is connected to the 1 Corinthians 15:51-52 text that says we will be transformed at the last shofar.

In my book *Passover, Key to the Book of Revelation*, I argue for the seventh shofar as the shofar of the rapture, our being caught up with the Lord that leads to our return with Him. I see a process of events in his return and do not see it as an all-at-once event. I do understand that in such matters, we see through a glass dimly, and that all such views are somewhat speculative.

My reasons for holding to this view:

- 1.** The Last Shofar in 1 Corinthians 15 could refer just to the last of the shofars that bring judgment, and this seventh is the last one in the series and announces the final judgment, rapture and resurrection. It is not the last to ever be blown. There will be many more blown throughout the Millennial Age.
- 2.** The Feast of Yom Teruah, or the Feast of the Blasting of

the Trumpet, has no great fulfillment as do the other feasts, which have obvious fulfillments in Yeshua. But if Yom Teruah announces the coming of the Messiah, and effects the rapture, the resurrection and then his descent to earth, we would have that fitting fulfillment. Other attempts do not identify a great fulfillment sufficient for the weightiness of a major feast. The association of 2 Thessalonians 4:16-17 with Yom Teruah or Rosh Hoshana is a dominant view and commonly taught for good reason.

3. The Book of Revelation provides a chronology that is progressive in the seven seals, the seven shofarot and the seven bowls of wrath. The seventh seal opens up and includes the seven trumpets. The seventh trumpet opens up and includes the seven bowls of God's wrath. The book also includes parentheses narratives in the midst of this progression that are not necessarily in the progression. It is significant that John puts his parentheses narratives where he does.

Before the seventh shofar, John writes that the mystery of God has been completed when he is about to sound the seventh shofar (Rev. 10:7). If this is the shofar of the rapture and resurrection, it would be a perfect fit. The mystery is the completion of the numbers counted in the bride of the Messiah, as Paul teaches in Ephesians 3, and is the fullness of the Gentiles in Romans 11. If the rapture and resurrection are after the seventh shofar, then the mystery would not be complete before it is blown, as Revelation 10:7 states. There would still be people being saved who can be part of the rapture after the blowing of the seventh shofar. This does not fit the text in Revelation 10:7.

4. Revelation 11:3 states that at the end of 1,260 days (the time of the Great Tribulation) the two prophetic witnesses who are martyred are raised from the dead and ascend to heaven. This is certainly a picture of the rapture and resurrection that I believe shortly follows. Then there is a great earthquake, and 7,000 die in the city called Sodom, which is

identified as Jerusalem by noting that it is the city where our Lord was crucified. It then indicates that Jerusalem turns to the Lord. "The rest were terrified and gave glory to the God of heaven" (Rev. 11:14b, ESV).

In every other case when judgments falls in the book of Revelation, the people do not turn to God but rebel and curse all the more since they are under the deception of the Antichrist and the false prophet. This fits as the time when Israel/Jerusalem calls on Yeshua to save them (Matt. 23:39 and following).

This fits Zechariah 14 where the nations have surrounded Jerusalem. There is the earthquake, and then the Lord goes forth to fight against the armies of those nations. The turning of Jerusalem to Yeshua fits if it occurs between Zechariah 2 – 3, and then his feet touch down on the Mount of Olives. The saints return with Yeshua, and the war is still ongoing, but not yet the end of the war. It is not yet the born-again experience for Israel, but seems it is a corporate turning of Jerusalem to Yeshua. Only after this turning in Revelation 11:14 do we read that the angel sounds the seventh shofar.

I believe that when Israel or Jerusalem call upon Yeshua, it leads to the rapture, then the kingdoms of this world have become the kingdom of our Lord and of his Anointed One (Rev. 11:15). {eoa}

Dan Juster is the director of *Tikkun Ministries International*, a Messianic Jewish ministry. He is an author and has been in Messianic Jewish ministry since 1972.

This article originally appeared at .

Cindy Jacobs: Retirees, Listen! The Lord Says, 'This Is a Higher Season'

Hello! As I have been seeking the Lord for a word to encourage your heart, this is what I received: this is a higher season. There is such an anointing on those words: "a higher season."

Many people reach a place in their lives where they get stagnant. But the Lord would say to you, "I don't wish you to be stagnant. I want you to be ever advancing My kingdom. I want you to be ever advancing in your destiny. Some of My children reach a place of spiritual stagnation—you are not growing personally; you're not growing in your destiny; you're not moving toward a destiny. And you just say, 'Well, that's all there is.'"

The Lord is really speaking this to me very strongly, even for retirees. The Lord has given you a time of positioning to a new level. You are not to be stagnant, saying, "I'm going to retire and just do anything I want." Now I know that may not seem like good news to some of you. But the Lord says, "I want you to be productive. I have made you to be productive. And if you're not productive, you're gonna go down."

The Lord also shows me that this is even a higher season for little children. In past generations, not much was spiritually expected of children because they were just little kids. But the Lord says, "No, this is a higher season for children. It's a season of dreams and visions."

The Lord shows me that there is an acceleration, like a rocket booster. If you will allow the Holy Spirit to come, God wants to accelerate you to a new thing; there'll be a divine acceleration underneath you to cause you to go to this higher season.

Father, I thank You in the name of Jesus that we're not going to go backwards in our lives; we're not going to reach a point of stagnation where we don't advance because God has called us to advance. I pray for those who are in that place, even feeling discontent and saying, "But, Lord, if You would just show me what to do, I would do something."

The Lord says, "If you will take one step, if you'll volunteer, or take one step, and just do something in your life, I'm going to give you two steps and three steps and four steps."

I know some of you would say, "Well, that's not where I've been. That's not the height of the position where I've been or what I can do." But the Lord says, "This is a season where I would cause My people to volunteer in the day of power. If some of you will do that, look around. I'm going to take you to a higher season. When I come, I will say, 'Did you reach the higher season, or were you just content with a good life or the acceptable life, but not the perfect life in Me?' So reach out, because I want to give you the perfect life and a new season, a higher season."

God bless you. {eoa}

Cindy Jacobs is an author, speaker, and teacher with a heart for discipling nations in the areas of prayer and prophetic gifts. She and Mike—her husband of 43 years—co-founded *Generals International* in 1985.

This article originally appeared at .

Switchfoot Returns From Hiatus Just to Write This Touching Song

Popular band, Switchfoot was on hiatus from the music scene until the studio behind *Unbroken: Path to Redemption* reached out to them. Their request? Write an original song for the new faith-based movie which follows the second half of Louis Zamperini's faith journey after returning from Japan as a POW. When Movieguide® sat down with member of the band and brother duo, Jon and Tim Foreman, they revealed their personal appreciation for the project. Their grandfather, like Zamperini, was also a POW.

Lead singer and guitarist, Jon, who frequently shares his thoughts on his blog, wrote last year in the wake of the Charlottesville protest, about what he'd gleaned from his grandfather's time in prison overseas. "My grandfather fought against the Nazis in WWII. He was shot down in Germany and held in a POW camp until the war ended." He continued, "To see white supremacist Nazi flags roaming American streets is an insult to my grandfather. An insult to a nation whose creed is equality: 'With liberty and justice for all.'" Forman's passion for healing adds to his zeal for the new song.

Unbroken: Path to Redemption shows the hardships Zamperini had to cope with when coming back to native soil. PTSD from being tortured while a prisoner in Japan, relational conflict and financial strain were all a part of his road to healing in Jesus. The Foremans see their grandfather in many of the men who had to go through a huge reality adjustments after the war finished.

Tim, vocalist and bassist of Switchfoot told Movieguide®, "trying to picture him in some of the scenes of the movie and

themes of forgiveness and how he lives that out ... that was very personal for us, it almost feels like a legacy piece..." When asked what it would be like to view *Unbroken* with their 99-year-old veteran grandfather, Jon said, "I'd love to see this movie with him. It'd be so fun."

Switchfoot is no stranger to collaborating in movies. In 2002, the Switchfoot songs "Dare You To Move" and "Only Hope" were featured on the soundtrack of *A Walk to Remember*. Also, in 2009, "This Is Home," accompanied the movie *The Chronicles of Narnia: Prince Caspian*. All the same, tackling the heavy themes of forgiveness, repentance and salvation in a song is a tough job when coming out of hiatus. "The song came to us rather than us chasing it down. We're just so proud to be affiliated with this story," Jon said. Tim followed with, "[it's gotta be] honest about the questions, the doubts and all the hopes..."

Be sure to check out *Unbroken: Path to Redemption* in theaters this weekend and read Movieguide's review [here](#).

"You Found Me" is available on streaming services.

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Jentezen Franklin: 3 Things God Teaches Me When I Go Through Storms

Jentezen Franklin says God is the key to overcoming insufficiency, insecurity and insignificance. He says when he

goes through the storms of life and struggles with those feelings, he remembers, "If I have God, I am not insufficient." Watch this short encouraging teaching clip by Franklin.

Kari Jobe Debuts New Holy Spirit Anthem With Her Husband

Kari Jobe and Cody Carnes are married worship leaders who are both very successful individually. They teamed up for their most recent song, "Cover the Earth," which is a powerful Holy Spirit anthem. They sing, "Let the Spirit rise up/ Let it break through the walls." Watch the official music video here.