

Ex-Madam on a Mission

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God's Eternal Purpose

Sometimes, in order to trust God, we must be reminded who He is, what He's capable of doing, what He's done in the past, and what He's currently doing on our behalf.

One of the greatest problems in our generation is the

diminishment of our perspective of God—we have lost the biblical perspective of His majestic greatness. We read of His greatness in Genesis, His majesty in Exodus and His miraculous power in the Acts of the Apostles, but we fail to see Him the “same yesterday, today and forever” (Heb. 13:8, NKJV).

To understand the sovereignty of God is to acknowledge that nothing began with us—and it probably won't end with us. We are simply a part of the successive, progressive work of God, and by His greatness we occupy a moment of time in a generation.

We live in Him. We move in Him. We breathe in Him. And we do His will as long as He gives us life.

When our mission is complete, and our time is over, He raises up another generation and continues to do what He has been doing from the foundation of the world. Nothing stops God in His eternal purpose.

Nations rise and fall and are reborn under the banner of a new hope. A church grows and is celebrated, then dies a terrible death because of a split or moral failure in the leadership. But these things don't stop the work of the kingdom of God.

The eternal purpose of God is greater than a nation, a church or a generation. But sometimes it is hard to see God's greatness because our image blocks the Son. The key is not in making God larger, but in making ourselves smaller in our own eyes.

Terri Crist is the senior pastor of City of Grace in Scottsdale, Phoenix and Mesa, AZ.

Unforgiveness Can Create Chronic Pain

I have often wondered, Why do we see much more rheumatoid arthritis occurring in women than in men? I began to pay close attention to the studies showing that men are usually able to express their anger, whereas women tend to hold it in and become depressed. I recalled the scripture, “A broken spirit drieth the bones” (Prov. 17:22, KJV).

Could it be that a “broken spirit” in some women is causing rheumatoid arthritis? Is it causing the joints and bones to be inflamed and weakened?

The person who continues to seethe over some unresolved issue is not only destroying a personal relationship and harming his or her own body but also blocking communication with God. A bitter person no longer has the desire to read the Word of God or pray. Bitterness is costly.


What should your plan of action be? At the first sign of anger or bitterness, go immediately to the person involved and deal with it—regardless of who is at fault. You will feel a wave of freedom sweep over you as you forgive.

On more than one occasion I have seen an individual healed of arthritis when he or she released bitterness and anger through total repentance. The person was first set free spiritually, then emotionally and physically. Don't let deadly emotions rob you of life and health; forgive and be healed.

Don Colbert, M.D., is board-certified in family practice and in anti-aging medicine. He also has received extensive

training in nutritional and preventive medicine, and he has helped millions of people discover the joy of living in divine health.


Life After Attempted Suicide

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On a bone-cold night in January 2000, Kristen Anderson made an impulsive decision: She walked to the railroad tracks not far from her Chicago home, lay facedown on the ground and let 33 freight cars roar over her body at 55 miles per hour.

The engineer frantically blew the whistle and brought the train to a halt—on top of Kristen’s body. The botched suicide attempt left the 17-year-old in piercing pain. As she lay there in her own blood, trying to decipher whether she was dreaming, Kristen managed to pull herself from under the train and crawl to some nearby rocks.

God Sings in the Dark

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How to Pray God’s Purposes Over a Person’s Life

Problem-based praying identifies problems and forms appropriate requests. However, purpose-based praying forms requests appropriate to God’s purposes.

Jesus said, “I tell you the truth, the Son can do nothing by Himself; He can do only what He sees His Father doing, because whatever the Father does the Son also does” (John 5:19, NIV).

We should spend more time identifying and blessing what God is doing. Consider your prayer life. When you pray for someone or something, do you begin with what you see God doing or with what you wish He were doing? We suggest that you:

Identify what God is doing. What evidence, even subtle changes do you see?

Thank God and praise Him for what He’s doing. Thank Him for the circumstances He is arranging, the people and the influences He is using and the miracles He is performing in this situation.

Proclaim His works. Glorify His name.

Ask Him to enlarge the area of His activity. Ask Him to demonstrate His power and glorify His name as He extends His kingdom in this matter.

Rather than continually asking God to do what He is not doing, bless what He is doing!

Eddie and Alice Smith *are founders of the U.S. Prayer Center in Houston, Texas.*

Are You Sensitive to Carbs or Calories?

Gary Heavin, founder and CEO of Curves International, observes that some women do well on a particular diet, while other women on the same diet not only don't lose weight, but actually gain weight. He attributes this to varied metabolisms and because some women are carbohydrate-sensitive and others are calorie-sensitive.

Carb-sensitive women are more than 25 pounds overweight, have been overweight most of their lives, often skip meals and crave starchy or sugary foods.

In general, calorie-sensitive women are less than 25 pounds overweight, didn't have weight problems when they were younger, but have slowly gained weight since turning 30, have a normal appetite and few food cravings.

Some women have identifying factors in each group. Heavin recommends that these women start by watching carbs, and if they do not lose weight after two weeks, they should switch to

a calorie-sensitive diet.

If results are not seen after trying both approaches, Heavin says these women's metabolism may need a period of recovery before they can lose weight. More information is available in his book *Curves* (Perigee).

Are You Ready to Fight the Flu Epidemic?

With **flu season** (November to March) here, it is important to remember some of the natural ways to boost your **immune system**. According to Dr. Reginald Cherry, taking herbs such as **echinacea** will not only help your body fight off **viral infections**, they can also lessen symptoms, and can even protect you from coming down with the flu in the first place. He says many people take echinacea daily during flu season as a preventative measure.

"Echinacea works by stimulating the immune system," says Cherry in his book *Bible Health Secrets* (Siloam, 2003), "but it should not be taken on a daily basis for an extended period of time because tolerance can develop and cause it not to work as effectively." His advice is to take the herb for four to eight weeks, and then discontinue use for at least two weeks.

If you do come down with the flu, there's nothing like a bowl of chicken soup, says Cherry, who also recommends the use of garlic to fight off viruses and bacteria. He suggests taking the equivalent of one clove of garlic per day in capsule form and to be sure to get enough fluids, especially if you develop a fever.

KARA DAVIS, M.D., is a doctor of internal medicine and a former assistant professor of medicine at the University of Illinois. She is also the author of *Spiritual Secrets to Weight Loss* (Charisma House).

With This Ring...I Give to the poor

Would you donate your wedding ring to a worthy cause if you knew it meant a child living in Africa would have clean drinking water for years to come? That's the purpose behind With This Ring (WTR), a ministry dedicated to building wells in Third World countries. "We take to heart the command of Jesus when He says that we should sell our possessions and give the money to the poor," says Ali Eastburn, executive director of WTR. "We believe that if we can learn to give radically, we can literally change the world for Jesus." To donate your ring, first have it appraised for cut, style and estimated worth. If the cost of the appraisal is more than the ring, WTR recommends that you sell it and donate the proceeds to the ministry. If the ring is worth more than \$500, go to [www.withthisring.org](#) and follow the steps to donate your jewelry.