

What Is Grounding? The Hidden Dangers Behind This New Viral Trend

A growing trend in wellness circles is gaining traction among believers and unbelievers alike—and it may be more dangerous than it appears.

The practice is called grounding, or earthing, and while it's often advertised as a harmless technique for improving physical and mental health, former occultists are warning that it's a deceptive entry point into New Age mysticism and occult spiritualism.

Former psychic medium Jenn Nizza recently tackled the topic on her podcast *Ex-Psychic Saved*, joined by Marcia Montenegro, a former astrologer and founder of Christian Answers for the New Age. Together, they peeled back the layers of what grounding truly is and why Christians should be concerned. Grounding, they explained, goes far beyond simply walking barefoot outside or enjoying nature. Instead, it's based on the belief that the Earth itself emits energy that has healing power—a belief with deep roots in paganism, not Scripture.

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As reported by *The Christian Post*, Montenegro clarified, "Grounding is not liking to walk barefoot outside. It's not finding the outdoors relaxing. It's not appreciating God's creation. Those things are fine. They're not grounding. Grounding is based on the belief that energy in the Earth is healing, and that's not biblical, it's pagan." She added that it's a repackaged form of energy healing that has no scientific credibility and is spiritually harmful. "When you fall for a deception or give it worth, you are helping to make

your mind more open to other deceptions," Montenegro said.



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The practice originated with Clint Ober, a former cable TV executive—not a scientist—who promoted the idea that reconnecting to the Earth's energy can improve health. Montenegro noted that one of Ober's close collaborators is "a known advocate of energy medicine," saying, "These are not people I would take my dog to." Nizza warned of the slippery slope such practices can lead to, saying, "You buy grounding sheets today, and maybe next week you're going to a sound bath or a New Age yoga class. These things are gateways deeper into deception."

Both Nizza and Montenegro exposed the spiritual compromise that grounding creates, especially when Christians try to tie the practice to Scripture. "There was a post claiming Moses taking off his sandals at the burning bush was an example of grounding," Montenegro said. "But the ground was holy because of God's presence, not because it had some energy in it." Nizza added, "That's what the enemy does—he'll try to make you think that God is connected to these things so you feel good about them. It's not biblical. It's deception."

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The Bible is clear on how God views occult practices, including energy healing, divination, and other spiritual counterfeits. In Deuteronomy 18:10-12, God warns, "Let no one be found among you who practices divination or sorcery, interprets omens, engages in witchcraft... Anyone who does these things is detestable to the Lord." Likewise, Leviticus 19:31 commands, "Do not turn to mediums or seek out spiritists, for

you will be defiled by them. I am the Lord your God.”

These practices are not spiritually neutral—they open doors. When Christians engage in occult-adjacent practices under the banner of health or mindfulness, they risk giving the enemy a foothold. As Ephesians 5:11 exhorts, “Have nothing to do with the fruitless deeds of darkness, but rather expose them.” Montenegro and Nizza are doing just that: exposing the darkness masquerading as light.

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In an age of spiritual compromise, believers must remain vigilant. Not every popular trend is harmless—some are carefully disguised traps that lead away from the truth. Grounding may promise healing, but it offers deception and spiritual vulnerability instead. The safest place for healing, peace, and restoration is in the presence of the living God—not the energy of the Earth.

Let us cling to Scripture and reject any practice that glorifies creation over the Creator. As Montenegro accurately put it, “Christians need to be sober-minded and discerning.”

James Lasher *is staff writer for Charisma Media.*

AI Romance: A Prophetic Warning About the Spiritual Dangers of Artificial Love

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Karoline Leavitt, Assistant to the President and the 36th White House Press Secretary, shared the powerful moment on social media, calling attention to the spiritual atmosphere within the room.

“Before the press were brought into the room,” Leavitt wrote, “[Secretary Scott Turner] led the President, Vice President, and entire Cabinet in a spontaneous and powerful prayer for the people of Texas.

“This was a truly beautiful moment.”

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Here is the full prayer that Turner prayed over the President, the Cabinet and the people of Texas:

“Father, we’re humbled by your grace. We’re humbled by your mercy. Lord God, we surrender to you, Jesus. You are the great redeemer. And Lord, we thank you. I thank you for every man and woman around this table. Thank you for the president, Father, and his leadership. Uh Lord God, as we think about the families in Texas, Lord God, we don’t understand. We don’t know how to explain it. We don’t know why, but we know who. We know who to trust. And that’s you, Father. We thank you that you are God Almighty, that you are all powerful. And Lord God, we lift up the families that are mourning, that are grieving, those families that are hurting. Father God, we pray for a peace that surpasses all understanding. And your scripture says that Jesus, you said, ‘I’ll give you a peace, not the peace of the world, but the peace I give.’ And we

pray, God, that you would give them a peace that in the midst of tragedy that they don't even understand how they can be in comfort. And Lord God, we pray that uh as we work together as a cabinet, as a president, vice president in this administration, Father God, that you would give us all the tools that we need, Father God, to show up and to support, to help, to rebuild, and to restore. The Bible says in Isaiah, that we are the restorers of the breach and the repairers of the street. Father God, as we roll up our sleeves and pray for these people, God, we just pray right now for your favor and your grace. Thank you for the first responders and those that are working on the ground right now. Lord, we pray for miracle upon miracle. And Lord Jesus, those that are still there that are alive, Father, we pray you will help us to find them, Lord God, and bring them back to their families. We love you. We honor you in Jesus name. Amen."

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Moments like these are a powerful reminder of the importance of having leaders in America who are unashamed to call on the name of Jesus in times of tragedy. As the nation continues to rally around the people of Texas, it is both comforting and inspiring to know that our leaders are beginning their decisions in prayer, with hearts turned toward God.

James Lasher is staff writer for Charisma Media.

Nephilim in the Last Days?

What the Bible Says About Giants and the End Times

On a recent episode of Faith with Katie, host Katie Souza sat down with Dr. Mark Chironna for a powerful conversation on healing from emotional wounds and moving forward from past trauma.

The discussion centered around the widespread issue of believers who are stuck in a cycle of emotional languishing—feeling unfulfilled, anxious, and burdened by unresolved pain. Both Souza and Chironna emphasized that unless the inner man is healed, the church cannot fully step into revival or restoration.

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The interview explored how biblical principles offer a clear path to healing and freedom.

Dr. Chironna pointed to examples in Scripture, such as Esau's fateful decision to give up his birthright due to a wounded soul, as evidence of how unchecked emotional pain can lead to devastating consequences. He explained that God desires wholeness for His people—spirit, soul and body—and that allowing the Holy Spirit to search the heart and bring hidden issues to light is key to experiencing transformation.

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The conversation also addressed the need to separate conviction from condemnation and to fully embrace the truth of God's love.

True healing, they said, begins when believers stop trying to fix themselves and instead surrender their past to Christ. Through guided prayer and spiritual activation, viewers were encouraged to identify areas of pain, release emotional burdens and embrace the peace and identity found in God's presence.

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To learn more about the biblical ways to overcome the past and walk in wholeness, watch the full video above.

James Lasher is staff writer for Charisma Media.

Historic Shift on the Temple Mount Signals Prophetic Acceleration

In a recent episode of The John Bevere Podcast, John Bevere and his son Arden walked listeners through the sobering yet hopeful message Jesus gave to the church in Ephesus in Revelation 2. Though praised for their commitment to truth and discernment, the Ephesian believers were confronted with a heart issue many in today's church may also face: the loss of their first love.

"You can't get a more direct message from Jesus about the

churches post-Resurrection than these,” Bevere said. “God never would have put this in Scripture had it not all applied to you and I today.”

Ephesus, a city once known as “the light of Asia,” was a cultural and spiritual powerhouse. It was home to one of the largest churches in the first century. Bevere noted, “It literally was huge... Timothy was pastoring a mega church, so to speak.”

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Jesus’ words to this influential church, found in Revelation 2:2-3, were both affirming and alarming. Bevere read the passage: “I know all the things you do. I have seen your hard work and your patient endurance. I know you don’t tolerate evil people. You have examined the claims of those who say they are apostles but are not. You have discovered they are liars. You have patiently suffered for me without quitting.”

Despite the impressive spiritual résumé, Jesus followed with a powerful rebuke: “But I have this complaint against you. You don’t love me or each other as you did at first. Look how far you have fallen!”

Bevere emphasized the seriousness of this statement: “This is Jesus talking. Words are in red.”



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The Ephesus church was strong in truth but had grown cold in love. “If you have truth without love, you end up into being dogmatic and legalistic. If you have love without truth, you end up being woke. Worldly. It takes both,” Bevere said.

He warned against majoring on the minors in Christian

practice, particularly when it leads to judgment instead of love. "There are people that literally get on social media and berate my wife because they say, 'You are a female and you're preaching the Gospel.' One person actually said, 'The greatest of evils is a woman preaching behind a pulpit.'"

This type of legalism, Bevere pointed out, mirrors the very attitude Jesus rebuked the Pharisees for: "You strain out a gnat and you swallow a camel."

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Quoting Revelation 2:5, Bevere read Jesus' command to the church: "Turn back to me and do the works you did at first. If you don't repent, I will come and remove your lampstand from its place among the churches."

This warning comes with a promise for restoration: return to love. "Jesus is looking at all these churches, what they do—not what they believe," Bevere said. "Because what you do reflects what you believe."

Even works rooted in truth are meaningless without love. "Jesus said their original works were out of their pure love for Jesus. Their works now are out of, hey, we're in our club. We've got our rules... They have lost the compassion of God in their heart for people."

The good news? There's a way back.

"I want to just take the time right now. If you say, John and Arden, I actually can see how I've drifted from my first love... the word is repent. Repent just means I'm going to have a change of heart, a change of mind. I'm going to return back to my passionate love for Jesus."

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John closed the podcast by encouraging believers to regularly ask God for renewed love: “Keep praying and just saying, ‘God, just pour out your love in my heart for your people every single morning when you go to prayer.’”

If you find yourself serving but lacking joy, standing for truth but missing compassion, or growing cold in your passion for Jesus, He’s inviting you back. Just as He called the Ephesians, He calls you to return to the works you did at first, when your heart burned with love for Him.

Let His love be your driving force. Let your life reflect not just truth, but truth in love.

James Lasher *is staff writer for Charisma Media.*

How to Pray With Authority: 12 Biblical Rules That Bring Breakthrough

Why do some prayers seem to carry power while others fall flat? According to Pastor Kap Chatfield, the difference is in understanding and applying biblical principles. Drawing from Mark 11:23, he outlines 12 Scriptural rules to help believers pray with the authority God intended, and to see results.

“Jesus said, ‘Whoever says to this mountain, be removed and be cast into the sea and does not doubt in his heart... he will have whatever he says.’ I don’t think Jesus was pulling any punches there,” Chatfield said.

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These 12 rules offer practical, biblical insight into praying with power:

1. Believe in the Authority of Jesus

Many Christians believe in Jesus' compassion but quietly question His power. Chatfield explains that faith must begin with full confidence in Christ's absolute authority. "We need to make an agreement that He is actually able and has the authority to do these things," he said, referencing Matthew 28:18. If you don't believe He can move the mountain, you won't pray like He will.

2. Receive the Authority of Jesus

It's not enough to believe Jesus has authority, we must also accept that He has shared it with us. Luke 10:19 makes this clear. "Jesus gave us this authority... to raise the dead, to heal the sick, to cast out devils," Chatfield said. Many Christians pray like powerless servants instead of authorized representatives. Recognizing our delegated authority changes the way we intercede.

3. Pray in Jesus' Name

Using the name of Jesus isn't a religious formality—it's a legal transaction in the Spirit. "When we pray in Jesus's name, what we're saying is, I'm praying as if Jesus were praying right now," Chatfield said. It's about carrying His character and commission into every prayer. He reminds us that true protocol is praying to the Father, in the name of Jesus, by the power of the Holy Spirit.



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4. Pray According to the Word

Prayers rooted in emotions or opinions often lack biblical alignment. Chatfield emphasizes the need to pray based on Scripture, which reveals God's will. "When we pray according to His Word, it's like being a lawyer in a courtroom," he said. "The judge is going to say, 'Let's go according to what the written law says.'" Citing 1 John 5:14-15, he encourages believers to claim God's promises with boldness.

5. Confess Sin

Even subtle sins, like bitterness or doubt, can hinder prayer. "If I regard iniquity in my heart, the Lord will not hear," Chatfield quoted from Psalm 66:18. He shared personal examples where unrepented offenses disrupted his prayers. "You want to walk clean," he said. Confession clears the line of communication and restores clarity and authority in prayer.

6. Envision the Prayer Answered

Faith includes spiritual sight. Chatfield teaches that visualizing the answer to prayer strengthens faith and brings alignment between the heart and the promise. "When you can see it... your prayers become more focused and more potent," he said. He encourages journaling, meditating, and even imagining what it looks and feels like when the breakthrough happens, referencing Hebrews 11:1 and Genesis 15.

7. Fast

Fasting weakens the flesh and amplifies the Spirit. It sharpens spiritual discernment and breaks unbelief. “The fastest way to get into the presence of God is fasting,” Chatfield said, citing Matthew 17:21. He distinguishes biblical fasting as going without food—not just avoiding social media. Fasting is spiritual warfare preparation and one of the most direct ways to increase authority.

8. Fill Yourself With Testimonies

Hearing what God has done for others builds faith for what He can do for you. “The testimony of Jesus is the spirit of prophecy... what He did for one, He can do for you,” Chatfield said, quoting Revelation 19:10. He challenges believers to binge testimonies of healing, provision and deliverance, because each one becomes a prophetic indicator of possibility.

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9. Pray in Agreement With Others

There is multiplied power in corporate prayer. “One can chase a thousand, but two can put 10,000 to flight,” Chatfield quoted from Deuteronomy 32:30. Isolation weakens believers, while unity strengthens them. He encourages everyone to find prayer partners, join Bible studies and pray with others in faith. “Spiritual authority multiplies when believers unite.”

10. Pray Consistently

Breakthrough often comes to those who keep pressing. Quoting Luke 18:1 and Matthew 7:7-8, Chatfield said, “Sometimes you’ve got to wrestle for it.” He compared prayer to

wrestling—intense, exhausting, and requiring endurance. “If Jesus needed to pray all night, how much more do we?” he asked. Persistence is the key to breakthrough.

11. Pray Fervently

Prayer should reflect the urgency and emotion behind the need. “God is not moved by religious reciting, He responds to real passion and desperation,” Chatfield said, citing Hebrews 5:7 and James 5:16. Jesus Himself prayed with “vehement cries and tears.” Lukewarm prayers reveal lukewarm faith. Fervent prayer engages the spirit, soul, and body.

12. Pray With Thanksgiving

Gratitude is evidence of faith. “Thanksgiving is the spiritual signal that says, ‘It’s done. I believe it,’” Chatfield said, referencing Philippians 4:6-7 and Mark 11:24. Prayers should end with thanks, not repetition. When you truly believe God has heard and answered, thanksgiving becomes your response—even before the answer manifests.

These 12 rules aren’t just guidelines, they’re spiritual strategies rooted in Scripture. They’re designed to align the believer’s heart, mind and voice with God’s will and power.

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“I want to hear the testimonies come through as you pray this way,” Chatfield said.

Whether you’re praying for healing, provision, deliverance or salvation, these biblical principles equip you to stand in the authority of Christ and see results. Your prayers matter, and when aligned with God’s Word and empowered by faith, they can move mountains.

James Lasher *is staff writer for Charisma Media.*

9 Biblical Principles Hidden in the US Constitution