

# Why Your Immune System May Resemble an Overtaxed Fire Truck—and What You Can Do About It

What if the fire department answered a call to a fire, and just as the firemen finished putting out the blaze and were ready to head back to the fire station, another call came in?

You know the answer: They'd move on to the next fire.

But what if the calls kept coming, and the firemen had to go to the next fire, and the next, and the next and the next one after that?

That's exactly what happens to our body's immune system—our defense mechanism against infection and disease—when we overload it, naturopathic doctor Mark Sherwood tells Dr. Steve Greene on [a recent episode of the \*Greenelines\* podcast](#) on the Charisma Podcast Network.

“You want to have a very aggressive, robust inflammatory response,” Sherwood says. “But what happens is it needs to come out and do its job quickly, with a vengeance. You want good inflammation, like if you get a cut or something, I want blood to go to that area quickly, I want that wound to coagulate, I want nutrients to go that rebuild that. But then it's supposed to resolve itself.”

When it can't resolve because of continuous inflammation, we have the fire truck scenario, he explains. “That weakens your immune system. What I've just described is acute, good inflammation versus this low-grade, systemic inflammation that's long, that's ongoing. And that low-grade systemic inflammation is part of every single solitary disease

process.”

The basic answer to many of the problems we face with inflammation, Sherwood says, is adding omega-3 supplements to our diet. “The bottom line is when you start getting the cells to work, well, you’re getting energy created, and you’re turning down inflammatory signaling right away by getting the necessary amount of those omega-3s back in there. And I’ve seen people get better in a couple days from things like brain fog or stiffness ... I’ve seen them resolve in 48 hours.”

But Sherwood says there’s no blanket response, since everyone’s system is different. “But I’m confident to say this, that 100% of the people out there would benefit, without question, from supplementing with the right omega-3 fatty acid.”

For much more from naturopathic doctor Mark Sherwood about omega-3 supplements and the specifics of how they can help you, [listen to this entire episode of Greenelines here](#), and [subscribe to the Greenelines podcast](#) on your favorite podcast platform for more inspiring stories like this one. {eoa}

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## **Evangelist Daniel Kolenda Says Holy Spirit Will ‘Reset**

# the Church, Refocus Us on the Lost'

We expect evangelists to focus on the lost. But Daniel Kolenda says in the wake of the COVID-19 pandemic and resultant lockdown, the Holy Spirit wants to reset the church to a similar focus.

“God has a way of taking what the enemy meant for evil and turning it around for good,” the successor to famed evangelist Reinhard Bonnke and head of [Christ for all Nations](#) tells Dr. Steve Greene on [a recent episode of the Greenelines podcast](#) on the Charisma Podcast Network. “And I believe the Holy Spirit is going to reset the church and refocus us on the lost.

“Instead of having great services within our four walls, we will begin to shake our cities with the power of the gospel, bring heaven to earth and really do what we were called to do all along,” Kolenda says.

Kolenda says Nations Church, [wearenations.church](#), his church plant in Orlando, Florida, is “hours away” from its launch service on Sunday, Aug. 15 at the Hilton in Orlando on Destination Parkway at 10 a.m. He suggests arriving early. But [as he shared in a previous Greenelines podcast](#), the church, even in its pre-launch stage, has already experienced the life-changing power of the gospel.

“It almost feels like it’s already launched, because we’re seeing hundreds and hundreds of people coming out,” Kolenda says. “And we’ve had over 1,000 people saved on the streets of Orlando, people are being baptized in rivers and swimming pools and hot tubs. It’s a movement already, even though we haven’t technically launched. And so I’m just really excited.

Kolenda recognizes that, although Nations Church has seen many [move to the Orlando area](#) to be a part of the church plant, not

everyone lives in Florida—and not everyone has the gift of evangelism. Yet he also believes God is speaking to churches and pastors in this unusual season.

Kolenda says pastors who may have gifts in areas other than evangelism also have to learn how to grow their churches. “Billboards on the side of the road don’t necessarily do it. It’s getting out on the road in the highways and byways and talking to people who are hurting and need Jesus.”

“I think one of the things that’s got to happen in this in this era, is that the gift of the evangelist needs to be recognized again—and needs to be championed,” he adds. “And if pastors will do that, if they will empower and lift up and celebrate their evangelists, they’ll begin to see the lost saved.”

Kolenda also sees the Nations Church launch as part of something much bigger than himself or CfaN. There’s such a difference between, as evangelist Bonnke used to say, ‘pulling something by the hair’ ... and what I just described, this feeling of being carried along by just a torrent of Holy Spirit momentum. ... What excited me is God is up to something. I believe the Holy Spirit is doing something in our time that we have not ever seen before. ... And every time God does something in the earth, He extends an invitation for His people to get on board. And those who will get on board with it, they can also experience the same kind of miracles and fulfillment in harvest.”

For much more from Daniel Kolenda on the Nations Church plant and its Aug. 15 launch as well as the great move of God He believes is happening now, [listen to the entire episode of Greenelines here](#), and [subscribe to Greenelines](#) on your favorite podcast platform for more inspiring stories like this one. {eoa}

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# Understand This Biblical Principle to Change the Way You Relate to Others at Home and Work

We would all agree: People are different. God has uniquely created us with specific personalities and endows us with particular gifts as we come to know Him.

That sounds easy in principle, says [Dr. John Mlinarcik](#), a psychologist, social worker and life coach. But when it comes to practicing those ideas at work and at home, sometimes we need a little help, he tells Dr. Steve Greene on a [recent episode of the Greenelines podcast](#) on the Charisma Podcast Network.

“If you can show people where they come from, and you can identify where they’re at, then you can help them move forward,” he says. That’s what his company, [PCS Global](#), and its unique Behavior Styles Profile are designed to do.

Mlinarcik gives a real-life example of a CEO from Michigan who spoke with him about a son he considered “problematic.”

“His oldest son was just like him ... his younger son was much different,” Mlinarcik says. And he said, ‘I think this kid’s got some major problems.’”

At the time, the father told Mlinarcik he was not going to allow his son to attend college out west. “He’s not going to be that close to me, and I can’t control it.”

With Mlinarcik’s encouragement, the father changed his mind.

“He called me about two weeks after the son was in school,” Mlinarcik says. “He said, ‘I went to the bursar, and I wanted to pay for his tuition—\$4000 out of the \$10,000 had already been paid.’ He said, ‘I went on Monday, and it was all paid.’

“‘I called the bursar, and he said, ‘Your son didn’t tell you? He won the scholarship. He was the best in his class.’”

The CEO took the assessments PCS Global offers.

“My CEO was so flabbergasted because his son was so different than he was; he started to realize that they spoke different languages,” Mlinarcik says. “... We really work to help people come to grips with the fact that people are somewhat different. We’re all the same in some ways, but we’re somewhat different in others. We have different ways that we fill up our buckets.

“And so when we learn that it’s OK to be different and not to be criticized or crucified for it, then what we have is an ability to be able to allow people to be who they are, encourage them to be who they are, and to accept people for who they are and to let them use their God-given strengths.”

For much more from Dr. John Mlinarcik on the specifics of the BSP assessment and how God can use it to help you in your life and in your work, [listen to the entire episode of Greenelines at this link](#), and be sure to [subscribe to Greenelines](#) on your favorite podcast platform for more inspiring stories like this one. {eoa}

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# Longtime Pastor Reveals Surprising Secret to True Transformation

[Longtime Vineyard pastor Dianne Leman](#) grew up in a strict religious faith that she describes as “Amish with cars.” As a result, by the time she got to college, she wanted nothing to do with God or church.

The truth that transformed her, she says, is the one she continues to share today: that the God of the universe lives in us through the Holy Spirit.

“The surprising secret to true transformation is the secret that Paul revealed in Colossians 1:27: Christ in you,” she tells Dr. Steve Greene [on a recent episode of the \*Greenelines\* podcast](#) on the Charisma Podcast network. She devotes her new book, *Wrecked for God*, to sharing lessons of “how I’ve learned to live moment by moment in union with Christ, with Christ inside of me.”

One of those lessons, she says, is that “Jesus has gotten bigger, better and more beautiful than I ever imagined. And at the same time, He’s shown me that I’m actually better and more beautiful than I ever imagined.”

Leman says that back in her religious days, “I used to be more self-focused, or sin-focused or even Satan-focused. Once I got totally wrecked for God, I am now Son-focused or Spirit-focused. It makes a huge difference. Jesus doesn’t like religion.”

“We preach a gospel of grace, which is just as scandalous as

it comes, that Jesus has already forgiven your past, your present and your future sins. That's taken care of. Now, it's glorious. It's almost too good to be true. ... The only 'rule' is that you receive all that He's done and then His empowering to live as His righteous son or daughter.

So I put the focus on Jesus," she says. "Sure, we teach people to obviously read the Word and hear what is the best way to live, God's guidelines for all of life. But our focus is always on His empowering presence."

✘ For more of Dianne Leman's story and the secrets that will move you away from religion and into true transformation, [listen to the entire episode of Greenelines at this link](#). [Subscribe to Greenelines](#) on your favorite podcast platform, and find Leman's new book, *Wrecked for God*, [at this link](#) or wherever fine books are sold. {eoa}

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## **How the Events of 9/11 Helped Move This Prayer Leader Into an End-Times Ministry**

Tom Grossman didn't consider himself a prayer warrior, much less a prophetic one. But when someone stopped him in the parking lot as he and his wife were leaving an early-morning prayer meeting and asked if he knew about what had happened at the World Trade Center, he turned on the radio. And what he heard there played a huge part in changing his life and his

future ministry.

“I didn’t even know what the World Trade Centers were,” Grossman tells Dr. Steve Greene [on a recent episode of the Greenelines podcast](#) on the Charisma Podcast Network. But for the previous three weeks, he says, “Our big intercessory burden was Afghanistan. We didn’t think of ourselves as these advanced strategic prayer people or anything. We’re just sitting there praying, loving Jesus, asking Him what to pray about, letting Him lead us. And we’re praying for Afghanistan every day.”

In the aftermath of that prayer and of 9/11, Grossman and his daughter attended a Mike Bickle prophetic conference where he spoke to Bickle about the attack and its connection to the book of Revelation. “When Mike gets excited, he’s excited,” Grossman says. “He started preaching to me out of the book of Revelation.”

By the end of that conference, Grossman says, he realized he didn’t understand Revelation at all. He had recently had some supernatural encounters that started him on a journey of prayer and prayer ministry, and God gave him a vision about the Second Coming during this time as well.

“I realized that if the Lord’s called me to this [ministry] through the vision I had, then I need to start reading the book of Revelation,” Grossman explains. “So I just started reading it through once a day, every morning... just from beginning to end with maybe some instrumental music in the background. I did that for maybe 2 1/2 months. ... So that’s how 9/11 affected me. It really put me into studying the book of Revelation on a much deeper level than I ever had before.”

✘ That study, Grossman says, finds expression via his ongoing ministry as well as a website, [stopendtimeconfusion.org](http://stopendtimeconfusion.org); a podcast, [Stop End -Time Confusion](#), also on the Charisma Podcast Network; and his brand-new e-book, [Reign of Fire](#),

[available for free download here](#) [available for free download here](#).

For much more from Tom Grossman Sr. on how we can interpret modern-day events in light of the end times, [listen to the entire episode of Greenelines at this link](#), and [subscribe to the Greenelines podcast](#) on your favorite podcast platform for more inspiring stories like this one. Be sure to check out Grossman's own podcast, [Stop End-Time Confusion](#), here. {eoa}

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## How God Used Hard Times to Transform This Woman's Heart—and Change Her Life

"It's almost like I'm racing home to spend time with Him."

[Crystal Williams](#) couldn't always say that about spending time with God.

"I never thought I would feel this way about God," she tells Dr. Steve Greene [on a recent episode of Greenelines](#) on the Charisma Podcast Network. "I loved Him and everything. But it's totally different now."

The transformation happened for one simple reason: Even during the hard times, Williams kept making choices to spend time with God. "He talks to me; I talk to Him. And then there are some times where we're just quiet. And just His presence—I

feel and I know that He's here.

Crystal says this deep relationship with God is something people must experience to understand. "You will not understand until you've been in His presence. And I encourage everybody to reach for His presence. It's not isolated to just Me; He offers it for everyone."

But Williams is not immune to spiritual drought. In fact, like many of us, she faced it during the COVID-19 lockdown when she found herself afraid to go to sleep at night. But in the time she spent with the Lord, which included prayer and a 40-day fast, He renewed her faith by giving her Scriptures to cling to, she says. "Perfect love casts out all fear. And God hasn't given me the spirit of fear, but of power, love and a sound mind. ... He gave me different things to fight with. So my confidence started to build up a little bit more."

☒ Those Scriptures and the deep relationship with God that came through this time, she says, led her to the writing of her brand-new book, [\*Hear My Cry O God! The Principles to Overcoming a Crisis\*](#), available wherever fine books are sold.

"I just want everyone to know they're never stuck in a situation," she says. "First Corinthians 10:13 states that God is faithful to us. ... Each test is an opportunity for us to trust God more with every trial.

For much more from Crystal Williams on the power of God's presence to transform your trials, [listen to the entire episode of Greenelines at this link](#), and [subscribe to Greenelines](#) on your favorite podcast platform for more inspiring stories. {eoa}

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# How This Child Taught Her Mother That Spiritual Sight Is Not Just for Adults

“She’s me on steroids.”

Many parents say words like this about their children. But not all their children can see in the spirit like Rebecca Greenwood’s oldest daughter, Kendall, now 30. Greenwood, of [Christian Harvest International](#), tells Dr. Steve Greene on a [recent episode of the Greenelines podcast](#), that she wants to encourage other parents whose children see and hear in the spirit realm.

“We will often hear it by things like, ‘I saw something scary in my dreams’ or ‘There’s something scary in my room,’” Greenwood says. “Or even young children will say, ‘Mommy, Daddy, I’m seeing an angel; I saw Jesus.’”

Greenwood wants to encourage others about “how to parent your children through these giftings, from a young age to where they can grow up as adults very mature, full of faith within the giftings that the Lord has given them.” One vehicle she uses to do that is her own podcast, [Victorious Prophetic Warfare](#), also on the Charisma Podcast Network.

She learned these lessons through raising her children, including Kendall, whom she says began to see in the spirit at an early age. One day, at age 4, Greenwood sent her to clean her room.

“She comes back about five minutes later, and oh, she is upset,” Greenwood says. “She is sassy. She’s got her hand on

her hip, and she is tapping her foot.”

“Mama, you want to know something?” Kendall asked her.

“Sure, baby.”

“Mama, there was one of those bad, evil things that you and Daddy don’t like—a bad, evil thing in my room.”

“Now, I didn’t like that a demon was in my baby’s room talking to her,” Greenwood says. “So I wanted to hear what it said.”

“Mama, it told me not to clean my room.”

“Well, what did you do?”

“Mama, I stomped on its head, and I said, ‘No! In Jesus’ name.’ And Mama, that demon disappeared.”

For much more from Rebecca Greenwood on raising children with spiritual insight and how you can find victory in spiritual warfare, [listen to the entire episode of Greenelines at this link](#), and [subscribe to Greenelines](#) on your favorite podcast platform. Check out Greenwood’s own podcast, [Victorious Prophetic Warfare](#), and find her most recent book, [Glory Warfare](#), wherever fine books are sold. {eoa}

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# The Word the Lord Gave Me Was 'Multiply': Daniel Kolenda Talks Missions Mandate, Orlando Church Plant and Great End-Times Harvest

Daniel Kolenda knows what ministry success looks like. But rather than resting on the past, the fiery world-renowned evangelist and successor to Reinhard Bonnke at [Christ for all Nations](#) is moving into the future with Holy Spirit power—and a God-ordained mandate.

“At CfaN, we’ve seen more than 80 million people come to Christ over the last 34 years,” Kolenda tells Dr. Steve Greene [on a recent episode of Greenelines](#) on the Charisma Podcast Network. “And we’ve held huge evangelistic campaign around the world—we are still doing that, by the way.”

But a little over a year ago, Kolenda says God put it on his heart that “We need to have a base, a home community. ... It wasn’t so much that I sat down and said, ‘I want to plant a church,’ ... I felt an ultimatum from the Lord, saying, ‘Are you going to do what I’ve asked you to do? Are you going to steward well what I’ve already put in your hands?’”

Kolenda realized that the process of evangelizing, then discipling and creating community for people is also called a local church. He also the many people coming to Christ through CfAN’s various Orlando, Florida, ministries (School of Ministry, Evangelism Bootcamp and more) and trusted God’s direction to plant a church there. Nations Church, [wearenations.church](#), still in pre-launch stage, will hold its launch service Aug. 15. While many churches report struggles

across the country in the wake of the pandemic and its resurgence, “We’re closing in on 1500 launch members,” he says.

“The word the Lord gave me was ‘multiply,’” Kolenda adds. “I don’t want to just be the next Reinhard Bonnke. ... I want to see the next 100,000 Reinhard Bonnkes raised up around the world. And I believe we’re on the threshold of the greatest harvest of history.

“And what Reinhard was and what Billy Graham was and T.L. Osborn and so many of these great men, I believe they were prototypes,” Kolenda says. “They were examples. But now in this next generation, it’s going to fall upon sons and daughters. Many of them, you won’t even know their names, but God will raise them up, and they will lead multitudes into the kingdom.

“These are the days of harvest. I really believe that as the church, we’ve got to rise up and grab it for Calvary’s sake.”

For much more from Daniel Kolenda about evangelism, discipleship and how you can join the ongoing work of the Nations Church plant, [listen to the entire episode of Greenelines here](#), and [subscribe to Greenelines](#) on your favorite podcast platform for more stories like this one. Visit [wearenations.church](http://wearenations.church) for more information on how you can pray and participate in Kolenda’s exciting new venture. {eoa}

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# How You Can Go With the Flow of the Kingdom's Current

We all have a tendency to run after new things. Whether it's a new house, a new car or a new area of ministry, we love to go after the greener grass.

[Kisia Coleman](#), "Dr. Kish," pastor, leadership expert and podcast host, says new things can be good—but only if they're of God.

"Sometimes, we're so busy looking for the new thing, we're looking for what's current, and we're trying to get in a flow, but it's not the flow that God wants us in, it's not the current that God wants us in," she tells Dr. Steve Greene on [a recent episode of Greenelines](#) on the Charisma Podcast Network. "And we want to get in that current that's the river from the sanctuary of God."

Coleman says that in a recent prayer, God showed her a current flowing that went straight into a pond, which meant the current stopped altogether.

"And then I heard the words, 'Dead Sea,' and I went and looked up the Dead Sea, and I saw that it said it's a place where you can't produce life," Coleman says.

"Sometimes, we're so busy looking for the new thing, we're looking for what's current, and we're trying to get in a flow, but it's not the flow that God wants us in," she adds. "And it's not the current that God wants us in. And we want to get in that current that's that river that's from the sanctuary of God, the one Ezekiel talks about in Ezekiel 47 ... that flow comes from the sanctuary.

"There's a river that you can get in or it'll keep you current, not current with this culture but what's current with

the kingdom,” Coleman says. “And so it’s good to look for a new thing, but make sure that new thing is the new thing from God.”

For much more from “Dr. Kish” Coleman on how to find and remain in the current God has for you, [listen to the entire episode of Greenelines at this link](#) and be sure to [subscribe to Greenelines](#) on your favorite podcast platform for more inspiring stories like this one. Check out Coleman’s own podcast, [Mastering Your Message](#), also on the Charisma Podcast Network. {eoa}

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## **Faced With Unwanted Change? Follow This Biblical, Practical Advice**

We all face changes—often unwelcome ones—in life. And whether or not we realize it, what we do with them matters. Will we remain stuck, or will we move forward with grace?

That question hit home for [Robert Morgan](#), longtime pastor and bestselling author, when he lost Katrina, his wife of 43 years, to multiple sclerosis in 2019.

“I miss her all the time, every day,” he tells Dr. Steve Greene [on a recent episode of Greenelines](#) on the Charisma Podcast Network. “But I feel so thrilled that she’s in heaven; I can see her there. And I know this is a new stage of my

life, and people go through stages as we go through life. ... We can't wallow around in sadness when God still has work for us to do."

Morgan addresses the question of what to do when transition hits us in his brand-new book, *The Jordan River Rules*, sequel to his bestselling book of 20 years ago, *The Red Sea Rules*. The first rule in the new book states it plainly: "Realize God means for you to move forward."

"You have to look at it in its context," Morgan says. "The Israelites had not been moving forward; they had been going around in circles for 40 years. And it's very easy for us to get stuck in life—we get stuck at some stage. And we just don't make any real progress—spiritual progress or vocational progress or ministry progress or marital progress—we're just stuck.

"And so we have to make up our minds that God has a new stage in life for us," Morgan says. "It might involve a new relationship, it might involve a new location, it might involve a new, like a new point in life, whether we're moving out of college into a career or out of a career into a retirement season. But these new stages are all great opportunities. And I deeply believe that every stage in life thus far has been preparing us for the next stage that God has for us."

Morgan adds an important note: "Every stage, then, is better than the one before. Now, not everybody agrees with me on that. But I really do think that as we are going through life, we grow. We season in God, we grow in grace, we grow in knowledge, we grow in the Holy Spirit, and every stage in life is better than the last one. And that was true for the Israelites."

✘ For much more from Robert Morgan on how to face life's transitions and receive the blessing of *The Jordan River*

*Rules*, [listen to the entire episode of Greenelines at this link](#), and find *The Jordan River Rules* at [robertjmorgan.com](http://robertjmorgan.com). [Subscribe to Greenelines](#) on your favorite podcast platform for more inspiring stories like this one. {eoa}

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