

Don't Take the Cake: Avoid the Return to Binge Eating

Many of you know how I used to eat whole Pepperidge Farm coconut cakes. It was my binge food of choice. The other day, I received a thoughtful question about my past bingeing behavior:

“Our group ... is on the fourth lesson of your program. One of the ladies had shared one of your articles about the cake that was one of your trigger/trouble foods. My question to you is this: I was just curious as to whether you can bring that cake into your home now without a problem, or it is a food that you can never bring into the house again? Thank you so much. I am loving your program.”

I thought other people may want to know the answer as well, so I decided to write an article about it! Here was my response:

Thank you so much—I am glad the program is blessing you! You asked if I can bring Pepperidge Farm coconut cake into my house. This answer is that I could—but I don't want to! In considering your question, I just realized that I've never brought that cake into our house, which was bought 13 years ago. I left “binge eating cake” back at my old apartment. To me, bringing that cake into our current house would be like going back to Egyptian slavery was for the Israelites (see Ex. 1:8-22). The Lord had already delivered me from that place. Why would I want to go back to that pain and bondage? Some of the Israelites wanted to go back once delivered because of fear. But I don't fear, because God's perfect love has cast out my old fears (1 John 4:18).

Bishop Dale Bronner once said: “Either love will bring you back or lack will drive you back.” The Lord's love always brings me back to Him. I feel complete in Him.

He is my last place of known comfort.

Since the five steps of TBYT are part of me, two foundational things have changed within me now:

My identity is transformed: I am a royal daughter and a soldier who has joined her Father in the family business. Our family business is winning other people to Christ.

My heart has changed, too. I don't have time for any behavior that would take my focus off of our mission.

I have learned how to trust the Lord with my negative emotions when they come. I have learned to run to Him when distressed rather than burying my feeling under food.

So even though I could have the cake if I wanted it, I don't want it.

I think about Hebrews 11:6 also: "And without faith it is impossible to please God, for he who comes to God must believe that He exists and that He is a rewarder of those who diligently seek Him."

I have faith that God exists.

I have faith that He will reward those who seek Him—just as He says in His Word.

With the Lord's reward in mind, I strive to follow Paul's advice in 2 Timothy 2:4 every day: "No soldier on active duty entangles himself with civilian affairs, that he may please the enlisting officer."

Although I enjoy food, I don't allow it to entangle my life anymore. I value the Lord's reward more.

The cake is a symbol of my past entanglement. I won't go back.

I am determined to move forward into all that the Lord has for me.

I hope that is your heart's desire, too. His reward is greater than anything this world has to offer. {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.

For the original article, visit .

10 Indispensable Parenting Tips Andy Griffith Can Teach You

The Andy Griffith Show is one of the most iconic and enduring television programs in history. Six decades later, the family comedy set in mythical Mayberry, North Carolina, still finds its way into our homes.

The primary reason for that is the character of Sheriff Andy Taylor, played by the late Andy Griffith. Andy was the father we all wanted and the father that we would love to be. He was funny, wise, disciplined, compassionate and humble.

The parenting and community values displayed in the show for many people are what American life was either once like or should be. With his calm demeanor and friendly smile, Andy Griffith gave several generations of young men an example of what a great father should look like. Of course, it was just a television show, and this is real life. Fathers come in all shapes, sizes and personalities. We all have greatness within us if we reach for it.

We say thank you, Andy Griffith, for showing us your way and providing a whole lot of laughs along the way. Hulu has episodes of *The Andy Griffith Show* available for you to watch with your children. In the meantime, here are 10 things we learned from Sheriff Andy Taylor about fathering:

1. Compassion. The theme of human compassion runs throughout all episodes of the series. One of the best examples can be found in the fifth episode titled "Opie's Charity." While desperately trying to teach his son compassion through charity, Andy mistakenly believes Opie is squandering his money for a needless purpose. In the end, multiple lessons are learned by both father and son, and compassion was on the mind of both the entire time.

2. Humor. While we are rightfully very busy teaching our children all of the most serious qualities they should be brought up with, sometimes we forget the importance of humor. Humor can work miracles in even the darkest moments. A great episode to watch Andy use humor in his parenting is episode 86, "Andy Discovers America." His rendition of the "shot heard around the world" is hilarious.

3. Morality/ethics. Every sitcom of this era always taught a moral lesson in each show. *The Andy Griffith Show* was certainly a leader in teaching parenting/citizen morality and ethical behavior. Each episode contains some element of this, but one in particular stands out—episode 14, titled "The Horse Trader." The Golden Rule applies to everyone and not just children.

4. Humility. The character Andy Griffith plays in the show is a perfect example of a confident, strong man, but humble in every aspect of his life. Humility can be witnessed in his career, family life and social life. In episode 35, titled "Andy and the Woman Speeder," we see his humble nature put to an extreme test when an attractive woman is able to turn friends and family temporarily against him. Andy's reaction is

exactly how we should all react during those times in life when we are under persecution.

5. Discipline. The father and son relationship between Andy and Opie was always loving and kind. However, Andy was very strict in regards to discipline and work ethic. School work, chores and table manners are just a few examples of the ways we would see Andy teach discipline to his son. These things were never tested in a greater way than in episode 40, "Opie's Hobo Friend." Played by the late Buddy Ebsen (Jed Clampett), Opie's new free-living friend contradicts everything Andy has instilled in his boy.

6. Stability. In order to thrive, children require a stable home environment. As we all know, life is messy even on a good day. *The Andy Griffith show* was no exception. Nobody knows what happened to Opie's mother, but she was not in the picture. In America, we have traditional families, single parent families, divorced families, and many different variations of people trying to parent and provide stability. Andy did this by bringing his aunt who had raised him to live with them. We see this in episode 1, "The New Housekeeper." Not only is it the very first episode, but it's also one of the most humorous.

7. Wisdom. It is very difficult to teach another person how to make wise decisions. Wisdom comes from personal experience. When those opportunities present themselves, it is up to the parent to make the correct decisions that set the child up to gain the wisdom that will be the outcome of the situation. In episode 4, "Runaway Kid," we see Andy faced with the decision to break a promise to his son or keep another boy from getting himself into dangerous trouble. Obviously, he makes the wise and correct decision.

8. Respect. In our society today, we see a nearly grave issue with our children regarding respect for almost anything. In the show, Andy always displayed a respect for women, elders,

the community, friends and strangers. Respect is a central theme of the entire show and is present in many episodes as the moral lesson. One episode in particular revolves around having respect for women. Episode 48, "The Manicurist," will have you laughing for days to come.

9. Priorities. The name of this organization is Family First. The top priority of every dad is to put his family first before his own desires. That is what a leader does. Andy always had Opie and Aunt Bee first and foremost in his mind, and in episode 75, "The Bed Jacket," displays this sweetly. The end result of the show is heartwarming and exactly where the priorities of the head of household should be.

10. How to love. The way a dad shows his true love to his children is evidenced in his actions and decisions as much as it is with his affection. All three are of equal importance. In episode 34, "Opie and the Bully," Andy and Opie provide one of the purest examples of this ever captured. Before sending his son off to face a bully, a gigantic moment in his childhood, Andy is gut-wrenched with worry. Yet he is able to provide Opie the exact love he required to follow through with what he needed to do. {eoa}

For the original article, visit .

How You Can Eliminate an All-or-Nothing-Type Attitude About Weight Loss

On Sunday, I messed up with my eating.

My husband, Mike, and I were driving home from church, and I was hungry. Now usually, I will put an apple or banana in my purse so that I can eat it on the way home.

From experience, I've learned that I'm tempted to get fast food when I'm hungry during those times. Fast food is quick, and I typically don't feel like cooking much after serving at church.

So here I was after church without my normal backup plan. Visions of crispy, fried chicken danced in my head.

I usually put our main course in the crockpot before church so that it is ready by the time we get home.

But I didn't do that, either.

I told Mike that I wanted to go get the fried chicken. So we drove to the fast food place. We got the biscuits and the sides too. It was all delicious.

Now someone might say, "But Kim, you failed! That wasn't healthy at all. Why don't you just give up on living a healthy lifestyle? Just quit and live off fried chicken and biscuits forever!"

Actually, that "someone" would have been me back in the day. I had a bad case of "all or nothing" thinking.

Let me explain.

When a typical person decides to lose weight, they usually try to overhaul everything all at once. They do well for a couple of weeks on the new plan, but then they make a mistake, not doing things exactly according to plan.

Since they did not do everything perfectly, they discourage themselves and quit.

That's how I used to be. I would turn a slip into a slide! The

slide meant going all the way back to the same old habits that made me gain weight at the beginning.

In hindsight, that made about as much sense as slipping on the stairs and deciding to throw yourself down the rest of them!

When it comes to weight loss, perfection is not your goal; commitment is.

Commitment is required to stay the course until you obtain the results you want. You learn from your mistakes along the journey and use them to propel you forward.



If you look at the above month, would you say that the person had a successful month? Most of us would say yes because the person had more right days than wrong days.

However, someone with an “all or nothing” mentality would say no.

Why? Because they focus only on the mistakes the person made.

They fail to consider that as long as the person has more right days than wrong days, time is working on that person’s side! Given enough “right” months, the person will succeed eventually.

I finally succeeded with weight loss when I took the option to quit off the table. I decided that I was determined to reach my ideal weight—giving the process the time it needed to complete.

I realized that if I had more right days than wrong days, I was going to win in the end.

Now that I’ve reached my goal, I take mistakes in stride. That particular Sunday was just another day in my life. In terms of my health choices, it wasn’t my best day. But it certainly

wasn't my worst!

My philosophy is that you can eat any food you want, but there is a proper time for it. For me, that fast food outing wasn't the proper time.

Within each day are opportunities to learn from your successes and your mistakes. The key is—learn the lesson and move forward because you will have another day to make adjustments, God willing.

For me, that means packing a piece of fruit in my purse and deciding on a plan for Sunday dinner ahead of time. I will give myself plenty of time Sunday morning to prepare what we need for dinner.

Good planning will always beat great intentions!

An African Proverb says, "Don't look where you fell. Look where you slipped." My slip was in not giving myself enough time to plan and execute my "after church" strategy.

The point is—an "all or nothing" mentality just makes you want to quit when challenges occur. Let's face it: Challenges will always happen.

But when they do, do not quit. Quitting is the 100 percent way that you won't receive that for which you are believing. Say this with me: "As long as I don't give up on myself, I will never fail!"

This is your life, and you can go through it as you choose. The Lord says in Deuteronomy 30:19-20:

"I call heaven and earth to witnesses against you this day, that I have set before you life and death, blessing and curse. Therefore choose life, that both you and your descendants may live; that you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days."

I choose life and blessing. How about you?

You may stumble on the path of life. Give yourself grace for mistakes. Commit to correcting them, being patient with yourself. But keep moving forward.

That is the surefire way to ultimate success!

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

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Powerful Benefits of Daily Communion With Holy Spirit

I enjoy spending time with the Holy Spirit, and I hope that you do, too. He is mentioned throughout Scripture since the creation account (Gen. 1:1-2).

Jesus told us that the Holy Spirit is to teach us about Him (John 14:26) and will lead us into all truth (John 16:13). The wonderful Holy Spirit will conform our character to be more like Jesus (2 Cor 3:18), and He will pray through us (Rom. 8:26).

The Holy Spirit also empowers us to tell others about Jesus. Acts 1:8 says, "But you shall receive power when the Holy Spirit comes upon you. And you shall be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of

the earth." The power of the Holy Spirit referred to here as power for miracles, signs and wonders in preaching and sharing the gospel message. And that power is for everyone who believes as Acts 2:39 says, "For the promise is to you, and to your children, and to all who are far away, as many as the Lord our God will call." The power He gives us is to tell others about Him.

After I was baptized with the Holy Spirit, I had a boldness I had never had before to share God's love with everyone. Within weeks, I was preaching in villages in India, seeing people respond to the gospel message. They were spiritually hungry, desperate for healing and love. It was incredible as the missionary team I was with would be used of God in power in a country which is only 2 or 3 percent Christian according to the Joshua Project.

When we minister in power, we must understand it is not our strength or ability, but it is His through us. And His power flows through us, continually forming our character to be more like Him, seeing Him heal and perform miracles. He does the work and ministry, and we have the incredible opportunity to be the vessel He uses.

A few years back I was in Honduras with a crusade team, and I had the honor of praying over a young girl who had a deformed hand. As I prayed, in Jesus' name, her hand straightened out in my hand. This was the power of God! He did the work and I knew I was just one of the witnesses.

His power should amaze us every time we see it. We should never take His power and presence for granted even if it is commonplace in our lives or churches. But more importantly, His power should be on display through us leading people to His love and grace. It should flow out from our homes and work places, into the streets and to all nations.

Each of us should do everything we can to make sure that we

point to Him as He moves through us. {eoa}

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5 Ideas for Some Amazing Dates With Your Wife

Dating your wife is an important part of keeping the fire going and staying connected. The times my wife and I struggled on dates occurred when we showed up without having spent much time together, let alone connecting, all week.

We began spending more time together throughout the week—quantity time. More time to talk, to interact, to share experiences. When we did this over the course of the days leading to our dates, then we didn't feel like strangers trying to catch up on our date nights. We just enjoyed the romantic dates and one another.

Below are some of the simple things we did that you can do as well.

1. Prayer tag. Praying with and for one another is a great way to connect intimately. Sometimes schedules can be the thing that makes it hard. If you seem to be crossing paths, try this. Leave sticky notes of prayers or prayer requests for your spouse in areas they'll see them.

To help with this, we bought a small item that means something

to us and leave it in or near something we've been praying about for our spouse. For example, my wife works out, so I pray and leave the item in her gym bag. She'll then leave it on near my laptop in my home office. You'll be apart, but still connected.

2. Couch time. Sit down on the couch and spend 15-30 minutes in each other's arms. You can talk, or you can just sit there and enjoy the embrace. This is great for those who have the love language of quality time or physical touch.

3. Exercise videos. We've trained for a 5k together, but one of the simplest things we did was do some workout videos together. Very little prep and very little pressure. Something we could do in the morning or late at night whenever we wanted.

4. Watch your show. Although we're not big TV watchers, we have found some shows we really enjoy and decided to watch together each week. We found this gave us some entertainment and additional conversation to add to all of the serious life and family talk we seemed to be having.

5. Go to bed at the same time. Laying down in bed and talking is a great way to connect and stay connected. At one point, I was the early one to bed and early to rise person, while she was the night owl, late sleeper. Then it flipped. In both seasons, we were missing each other. Then we intentionally began going to bed at the same time. This was another interaction and consistent experience we had.

All of these ideas helped our overall relationship: emotional, spiritual and physical. {eoa}

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For the original article, visit .

What the Bible Has to Say About These 3 Common Views of Healing

In the 1980s, Asher Intrater and I studied the subject of healing with great intensity. We studied the most prominent teachers on what the Bible teaches about healing.

We ourselves saw some really amazing healings but also some very disappointing sicknesses that eventually ended in death.

Our close friend, Dr. Michael Brown, is perhaps one of the greatest experts on the subject of biblical healing. He received his Ph.D. from New York University for his thesis on healing in the Hebrew Bible. This was made into an important book titled *Israel's Divine Healer*.

Here are three very common views on healing:

1. While our ordinary immune system from God brings healing and is a gift from God, supernatural miraculous healing and creative miracles of restoration are very rare. We can and should always pray for such miracles, but in the normal course of the life of believers, diseases and terminal illnesses will take their normal course for both believers and non-believers. This is the human situation after the fall. This is the primary view of non-charismatics that includes many Israeli, Messianic Jewish leaders.

2. We are to pray for healing. If we pray for healing as a regular practice and submit to opportunities for praying for healing, we will see much more supernatural healing. However, we need to trust God and know that ultimately, healing is a

matter of God's sovereignty. The best thing we can do to believe for healing is to walk in fellowship with God, avoid sin and live in trusting relationship while availing ourselves of healing prayer. This is the Vineyard view taught by John Wimber.

3. Healing is always God's will. If we will give ourselves to God in the right way, meditate on the Scriptures on healing and confess them as God's certain promises, we should always be healed. God's promise of healing is absolute, so if a person does not receive supernatural healing, the failure to receive is the person's failure to build his faith to receive it. Faith for healing is something a person is responsible to acquire. This is the view of the Word of Faith movement teachers: the late Kenneth Hagin, Kenneth Copeland, Andrew Womack and many others. For these brothers, if the promise is not absolute and obtainable, it undercuts the building faith to receive the healing.

Our view does not fully fit into any of these three. We can summarize our view by the following, according to Dr. Brown's book. Healing is the general will of God for His obedient people, but one cannot make this a universal law and conclude that it is God's absolute will to heal in every single case. We can know it is His general will to heal on the basis of the following:

1. The promises to Israel for physical health if they would live an obedient life. This includes deliverance from "the sicknesses of Egypt," miscarriages and the blessing of living a long life.

2. The inclusion of sicknesses as being healed in the atonement of Yeshua, as in the Isaiah 53:"he bore our sicknesses ... we are healed by His wounds" (Is. 53:4b, 5d, HCSB).

3. The healing ministry of Yeshua is a manifestation of the

will of God for people.

4. The conclusive statement of Peter on the atonement, that “He Himself bore our sins in His own body on the tree ... ‘By His wounds you were healed’” (1 Pet 2:24, MEV) refers to not only spiritual but physical healing.

5. In times of revival and heightened spiritual fervor and awareness, healing is much more frequent. Note, for example, Pensacola, the early Vineyard movement and the Bethel Church of Bill Johnson.

6. However, though healing is God’s general will, we see in the death of Elisha and the sickness of some in the New Covenant Scriptures that healing is not an absolute promise for every case at all times.

7. The kind of faith that moves mountains is a “God kind of faith” that only God can ultimately grant. He indeed usually grants us the faith we need for what we are called to do, and this usually includes faith for healing.

So what do we learn from this? Stayed tuned for Part 2 of this series, coming soon. {eoa}

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For the original article, visit .

When Stranded in a Spiritual

Wilderness, Rediscover These Resources

Those stranded in the wilderness must constantly evaluate their situation. They need to take stock of their resources and understand their surroundings. That way they can move forward with a level head and a good idea of what's necessary to get through.

What Are Your Resources?

If we were lost in the wilderness, our odds of survival would drastically improve if we possessed a few basic supplies like food, water, a knife or matches. Never are these provisions more important than when our survival is at stake.

This is also true for the spiritual wilderness. The resources God has given us for spiritual life are always precious, but in the wilderness, we must rediscover them and cling to them like never before.

These resources are the Word of God, the fellowship of saints and the comfort of the Holy Spirit.

The Word of God

God's Word is an oasis of truth in any spiritual desert. No matter how barren the season, it is an ever-present source of renewal and strength. It does not depend on outward circumstances to be effective. Christ's Word "dwell[s] in you richly" (Col. 3:16) because "the word is near you; it is in your mouth and in your heart" (Rom 10:8b).

When outward conditions contradict the truth, the truth must determine our inward condition. "You desire truth in the inward parts" (Ps. 51:6a). This allows us to live and speak from our heart—the hidden chamber that stores God's Word—and not from our circumstances. "Your word I have hidden in my heart, that I might not sin against You" (Ps. 119:11).

This is especially important when the enemy takes advantage of our wilderness by flooding us with lies and temptations. Our only weapon against him is the truth of God's Word. That is our wisdom for the wilderness. Jesus exemplified this in His own wilderness when He responded to the devil's temptations by quoting Scripture (Matt 4:1-11). He reached into His internal arsenal, found just the right texts, and fired truth back at his enemy. God's written Word has incredible power when we believe. It is our greatest resource during dry seasons.

Not only does it protect us from lies, but God's Word also reminds us of His purpose for the wilderness itself. The wilderness can knock us off-kilter and make us feel like something is terribly wrong. But the truth of God's Word provides wisdom to put everything in perspective.

The two disciples walking the road to Emmaus were suffering the pain of a sudden spiritual desert. They were totally disoriented, darkened with the despondence of dashed hopes and a chilling sense of prevailing evil. Their hero had died.

Jesus of Nazareth, the mighty prophet whom they thought would redeem Israel, seemed to perish in shame like a false Messiah. Religious leaders mocked and murdered Him. Now their aspirations of freedom and glory lay buried with Him. How could this have happened? How could such hope be turned so suddenly into a wasteland?

Jesus comes along incognito. He walks beside them and interviews them. He learns what they are discussing and why they are so sad. Then He completely transforms their perspective by explaining the Scriptures to them (Luke 24:27).

"Was it not necessary for the Christ to suffer these things and to enter his glory?" (Luke 24:26). Notice that Jesus does not first reveal Himself to them in person, showing them He is alive and well and walking right next to them. Rather, His identity remains hidden while He explains from the written

Word that their circumstances are not dismal after all. They are necessary to God's plan of salvation. Jesus does not change their circumstances; He changes their perspective through the wisdom of the Scriptures.

Now they will understand, not just that Jesus came back from the dead, but that the whole "tragedy" was actually God's plan from the beginning. There was no other way to forgive their sins and exalt the king. Truth from the Scriptures transformed their viewpoint, not their situation.

That is the power of God's Word. It is a most wonderful treasure when you find yourself in the desert. As you assess your resources, rediscover the Word—because in the wilderness, perspective is everything. {eoa}

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5 Reasons You Need to Be Part of a Congregation

"I do not need to be in a congregation." This statement is a representation of not only many young people today, but of even some older people who are in their senior years of disillusionment with congregational life as they experienced it.

Yet, it is so very different than what would have been stated decades ago both by Jews and Christians. At that time, the idea of being a part of a congregation was not based on a person's perception of what he or she needed, but rather on

what God required. God was understood as the great king who was to be feared. Yes, He is loving, but flouting His will was considered very dangerous.

So the idea was common, that if one was to walk in the blessing and protection of God, we had better find out what His will is and conform our lives to that will. The question was not “what do I need?” but “what does the Lord require of me”?

One cannot fairly read the New Covenant Scriptures without seeing that God requires all who claim to be followers of Yeshua to be committed to a congregation where they are to be submitted to a qualified eldership as the shepherds and overseers of their lives (I Pet. 5:1-5). We can begin with all the texts that speak of the responsibility of congregational members to their elders, from submitting to them (Heb. 13:7, 17), being instructed by them (1 Tim. 3, Titus 1) and exercising the gifts of the Spirit in a context of gatherings that assume their oversight and discernment (1 Cor. 12, 14).

In addition, one should not determine their true needs without the revelation of God. It is like a car. We may think it is running fine. The idea that I have to take it to the shop for regular maintenance doesn't seem to matter. I pass the recommended standard and all seems to be running fine, until one day the engine freezes up and after having the car towed to the shop, I am told I “need” a new engine.

However, as God sees us—and in his definition of need—we truly need congregational life and eldership oversight. Here is why:

1. God expects us to be in submission to an eldership to whom we are accountable so that we might be taught and grow into the likeness of the Messiah. I know of no one who professes faith who has ever gotten very far in this without congregational life. In the ups and downs of life together in a congregation, in forgiving, submitting and serving, we grow.

We need congregational life to fulfill the biblical demand to be conformed to Yeshua. We need congregation to grow in character.

2. We need a congregation to grow in our exercise of the gifts of the Spirit.

3. We need a congregation to bring regular corporate worship before God. This is both our responsibility as part of his corporate temple and as part of intercessory responsibility as his priesthood.

4. We need a congregation so we might be taught and mentored by those who have attained what we have not yet attained. This includes everything from marriage and family life to personal devotion. Plus, the Bible says God has given five kinds of gifted people, apostles, prophets, evangelists, pastors and teachers to equip us for the work of ministry (Eph. 4:11ff). But they cannot equip us if we are not in congregational life and submitted to their gifting to equip us.

5. We need a congregation to fulfill God's command and to walk in the fear of God and to be assured of his blessing. If we are in known disobedience here, we cannot expect His blessing on our lives. {eoa}

Securing Your Emotions in a Godly Way

The Lord dropped this word into my spirit recently:

“The Word of the Lord will remain standing long after your circumstances have passed. It will be here long after you have

passed from this Earth. What will you put your trust in—your circumstances or the Word of the Lord?”

You’ll remain standing with changing circumstances only to the degree that you put your trust in that which does not change.

Consider this: Your emotions change even more than your circumstances do. If you do not learn to secure your emotions in godly ways, you can hurt yourself or other people.

The next time your emotions overwhelm you, take a moment to consider where you’ve placed your trust.

Do you have a word from the Lord to stand on to secure them—keep them from driving you to destructive behavior?

If not, you need to get one (or several). One of my favorite scriptures that I use as a prescription is Isaiah 26:3: “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

Occupy your mind with the word on which you are standing. I always like to think of meditating on God’s Word as putting my mind to work on it.

Ask the Lord in prayer to show you how to put that word into practice in your life. Every time you practice God’s Word, it becomes part of who you are.

As God’s Word begins to shape your life, you will find yourself remaining emotionally stable, no matter what storms come.

Just like Noah built an ark for safety when the floods came, so you build an ark to weather the turbulent times of life.

Storms are going to come. The question is always: Are you ready for them? {eoa}

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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.

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Chuck Pierce: February Is the Key Month of Intercession

This is probably the key month of intercession for the year ahead! The old will fight to stay in place. In a year of "finishing" and completing what has never fully manifested in other seasons of your life, we must persist against resisting forces and determine to break through.

This is also a month to pray for those in authority.

Thank you for praying for me this past month. My schedule was very demanding, but the Lord has showed Himself strong at every turn. While I was ministering in Las Vegas, I noticed the lanterns and the roosters. I then realized that in the Chinese culture, this is the year of the rooster. I said to Lord, "Is there anything I need to see in this?" He immediately spoke to me and said, "This is the time for the 'Cock Crowing Watch!' There are certain demonic forces that can only be displaced by doing this watch."

Therefore, this month we will be doing our Corporate Prayer Watch on the next four Friday mornings at 12 a.m. We will begin Feb. 3, in the Tabernacle. On Sundays, we will just begin at 8 a.m. with worship for this month.

Linda Heidler has prepared a great prayer focus explaining the

watch and guiding us through it. I have added seven more days to prepare us for pressing through into the “finishing anointing.” Before we enter in, let’s review the month of Shevat.

We Have Moved Into the Month of Shevat

We have now entered the Hebraic month of Shevat. This month is biblically linked with the tribe of Asher, which means “pleasure, happiness, delicious, and fatness.” However, this is a month in which we must be like Daniel and “beware of the delicacies of the king.” In other words, we should not have our senses dulled with overindulgence.

This is a month to develop the plan of sustaining the generations. Pray for each of your children. May those who have strayed from His path begin to hear the call to return. May they remember the love of God and start their journey back toward His kingdom. May those on the fence cross over into the right pasture.

How will your olive tree blossom? This is the month of the letter *tzadik*—“your righteousness becomes your foundation.” This is a month of rooting. May your roots awaken to the water of life and every evil root be removed. Find your “well of life.” Look for those who are bringing pitchers of water to you. Study the life of Rebekah and the Samaritan woman. This is a time to shout, “My blessings are on the way!”

Divine Recovery

Several years ago, the Lord awakened me at 3 a.m. and said, “You have got to think differently for Me to open up new supply lines. Gather what has been scattered. Decree that My body enter into and experience a divine recovery. Gather what has been scattered, and I will release a new supply line and give you a new measure.”

Also, I heard the Lord saying, “Begin to surround that which

has been stranded. Many are afraid to move on to higher ground this hour. The enemy has convinced them that if they will stay at their present dimension, then they will remain protected from harm. This is not an hour to call a 'truce' with the enemy. Do not fear the rising water that is surrounding you, for the rising water is a sign that I am ready to lead you into a new pasture. Surround those who have been surrounded, and show them the way into their enlarged place."

The Spirit of God is saying, "Do not be afraid to go back down to that place where you were held in the valley. The valley, or the place where you have had confined vision, is losing its strength. I have a people who are getting ready to journey and come up to the place of 'seeing' where I reveal Myself in a new way. Not only will you see Me, but you will see your desires upon your enemy. If you will go back to the valley, you will find what was captured and the treasures that have been hidden there.

"Do not fear the giants that were in your valley. Then you will come up, and in the midst of your coming up, you will begin to see what I have for you and how the enemy had planned to waste what I had destined for you in this hour. Even though you return to a low place, do not fear, for this will be a year when you will stand on new, high ground. For it was the high place that ruled you in your low place. Go back, return, and then go up, and the throne of iniquity in your life at the high place will topple.

"Worship Me on that high place, and you will dance upon that which ruled you. Am I not a God that descended to ascend? Did I not go down to come up? As you descend and go down, take the key I have set there, render the enemy powerless and arise, arise, arise to the high place of ascension.

"Truly the power of My name is at hand. The gifts in you that have lain dormant will arise as you ascend with Me, and you will have the power to recover all!"

Recovery means:

- To recuperate or regain what has been lost or taken
- To regain your health or get well
- To return to a state of control or authority
- To save yourself from falling, slipping or being betrayed
- To regain or reclaim land or substances from waste
- To retrieve a person from a bad state
- To get back by judgment
- To return to a balance from weakness
- To cover again
- To reclaim or demand or decree that restoration of a thing will begin

Recovery is part of the process of restoration. However, recovery is linked with strategy and obedience. This is a season to war over your seeds. Be sure you have planted them!

28 Days to Transform Your Thinking for the Year Ahead

This prayer focus will take you through the month of February. The first 21 days leads you through the breaking of the day or Cock Crowing Watch! The final seven days require you to answer questions the Lord is asking. Record your thoughts. Meditate upon His Word so you break the power of limitation from your life and renew your mind!

21 Breaking of the Day Watch Prayer Focus

The "Breaking of the Day" Watch began at midnight and continued until 3 in the morning. This prayer focus will pick up with the midnight watch and continue on through the turning of the morning.

There are two words used in the Old Testament for "midnight." The literal meaning of both is "the middle of the night." One is used only three times and is always translated as

“midnight.” The other is used 120 times and means the middle, midpoint or half of something. When used to refer to “half of the night” it is translated “midnight.”

The first word, *chatsoth*, is twice used of the righteous judgment of God being carried out at midnight and used once of the psalmist rising to praise God for His righteous judgments at midnight. The second word is also translated as “midnight” three times and has to do with the righteous judgments of God.

There are two words translated as “midnight” in the New Testament. Like the words used in the Old Testament, one of these words means the middle or midpoint of something and the other is a specific term for midnight.

Day 1: Read Exodus 11:1-7. The Lord had repeatedly said for Pharaoh to let the people of Israel go, but Pharaoh had refused. There came a time when God pronounced His righteous judgment against Pharaoh. Notice in verse 7 that in judgment God makes a distinction between Egypt and Israel. Thank Him that He always gives a warning and offers a way of escape from the judgment He pronounces.

Day 2: Read Exodus 12:21-30. The time came when God did exactly what He said that He would do. Those who aligned themselves with Pharaoh and Egypt received the judgment. The righteous judgment of God “passed over” those who aligned themselves with Israel. Ask the Lord to reveal any alignment with “Egypt” in your life and your nation. Repent of anything He shows you and come into full alignment with God.

Day 3: Read Job 34:16-20. Rulers who hate justice are eventually judged by God. Review any areas where you exercise authority to see that they reflect the justice of God. Remember that with God, mercy is over judgment. Righteous judgment is always preceded by mercy. Pray for the justice system of your nation that it will reflect the righteous judgment of God.

Day 4: Read Psalm 119:57-64. Psalm 119 is an acrostic in which each section is assigned to a different letter of the Hebrew alphabet. The first word of each verse in that section begins with that letter. This section is assigned to the letter *heth*. Because this letter is used in the word *le chaim*, which means, "to life," the *heth* has come to symbolize life. While those who disregard the ordinances of God experience death, those who align themselves with them experience life. When the psalmist considers this, he rises at midnight, the hour of the execution of righteous judgment, and praises God for His righteous judgments. Praise God that while He is a God of mercy, He does not let the guilty go unpunished. Praise Him that He gives us life.

Day 5: Read Judges 16:1-3. Sampson was one of the judges of Israel. When he was surrounded by his enemies who were lying in wait to kill him, God gave him strength at midnight to overturn the "gates" of his enemies. The gates represented the seat of authority. When you feel surrounded by your enemies, rise at midnight and receive the strength of the Lord to overturn their gates in your life.

Day 6: Read Ruth 3. Naomi had suffered great loss. Ruth, her daughter-in-law, had chosen to align herself with Naomi and the God of Israel, rather than returning to the idolatry of Moab. The Law of God made a way of restoration for both Naomi and Ruth. As Ruth submitted to the counsel of Naomi, God awakened Boaz at midnight to begin the process of redemption and restoration. Praise God that no matter what loss you have suffered, He has a way of restoration. Receive any counsel you need. Ask God to awaken any who are part of your process of redemption so that they carry it out fully.

Day 7: Read Mt. 25:1-13. In this parable, midnight was the time when wisdom and foolishness became apparent. The wise virgins received the blessing and the foolish ones did not. Ask the Lord to reveal any foolish thinking, or behavior, so that you can gain wisdom and receive the blessing. The book of

Proverbs was written to teach wisdom. As you are in this watch, read Proverbs and gain wisdom.

Day 8: Read Mark 13:33-37. This parable also stresses the importance of being alert and prepared at any hour of the night. The master had assigned certain responsibilities to each slave and expected them to be faithful to their assignment. Review the assignments the Lord has given you to be sure you are alert and ready.

Day 9: Read Luke 11:5-13. In this parable the man in need received what he asked for when he knocked at midnight. Jesus stresses the importance of asking, seeking and knocking, until you receive what you need. Getting up to pray at midnight is a way of showing the Lord that you are serious about your needs. Let Him hear your cry at midnight.

Day 10: Read Acts 16:11-40. The oppressive situation Paul and Silas were in was completely reversed when they sang praises. At midnight, God intervened and broke them free. The injustice they had suffered was rectified and many were saved as a result of their sacrifice of praise at midnight. Many times, difficult situations will cause us to lose sleep. We find ourselves awake in the night worrying about what will happen. If this happens, begin to praise God and watch for Him to intervene in your life and reverse your hardship. Be aware that others who are aware of your circumstances are listening to what comes out of your mouth. Your praise will have a powerful effect on them.

Day 11: Read Acts 20:7-12. Don't miss your miracle at midnight. There are things the Lord will say and do for those who are attentive when He begins to speak.

Day 12: Read Acts 27. When Paul was arrested in Jerusalem, the Lord appeared to him and told him that he would go to Rome. As he was on his way to Rome, a storm arose which threatened to sink the ship. The Lord sent an angel to let him know what

would happen and assure him that all would be safe. The angel said that the ship must run aground. At midnight when the sailors took the sounding, they realized that the ship was about to run aground. Things began to happen just as the angel had said. The process of prophetic fulfillment began at midnight. Even the unbelieving sailors were part of God's plan to get Paul to Rome to fulfill the word of the Lord. If you feel overwhelmed, review the word of the Lord to you and know that He will use even unbelievers to get you where you need to be.

Cock crowing: Perhaps this watch is best known as being the time of Peter's denial of the Lord.

Day 13: Read Matt. 26:31-35. Jesus knew that all of the disciples would desert Him. This desertion was even prophesied in the Old Testament. In this passage, He is trying to prepare them for one of the most difficult times they would ever experience. Rather than taking the Lord's words to heart, Peter denies that what Jesus is preparing them for will ever happen. Because he denied the possibility, he could not receive the preparation.

The Lord still gives us prophetic words to prepare us for what is to come. In verse 32, Jesus gives them an incredible promise; that He will rise from the dead and go before them to Galilee. True prophetic words will always have a promise of redemption, no matter how hard the words are. Peter was so focused on convincing the Lord that he would never deny Him that he missed this awesome statement. Ask the Lord to make you very attentive to what He is saying, so that you are fully prepared for what is ahead and have the promise of the Lord to see you through.

Day 14: Read Mark 14:66-72. This passage gives the actual account of Peter's denial. Despite his best intentions, he did exactly what Jesus had said he would do. When the reality of what he had done hit him, he wept bitterly. Weeping is a sign

of true repentance. Peter's response is so different from that of Judas. Judas tried to undo what he had done and when he could not "fix it," he hanged himself. There is no indication of true repentance in Judas. True repentance always opens the door for restoration. Where there is no repentance, there can be no restoration. Sometimes, what the Lord wants from us is not for us to "fix" our mistakes, but to come to Him in repentance. Let the Lord show you any areas where you have failed and you just need to repent.

Day 15: Read Luke 22: 31-34. This passage gives further insight into what was going on in the spirit realm. Satan had demanded permission to "sift" Peter like wheat. Sifting wheat was done by violently shaking the wheat through a strainer. The wheat would stay in the strainer, while the chaff would blow away. Satan had demanded permission to shake Peter up to see if there was any substance to his faith. To Jesus, the issue was not whether or not Peter would deny Him. That was already prophesied. The issue was what Peter would do afterward.

The Lord allows our faith to be tested. He knows that we sometimes will not pass the test. When we are tested, the true substance of our faith becomes evident. This is not to condemn us, but it's so we can see where we need to change. If you are in a "night season" where your faith is being tested, allow the words of the Lord to Peter to bring comfort and encouragement to you. "I have prayed for you that your faith may not fail you. After you have turned, strengthen your brothers."

Day 16: Read Luke 22:54-62. Luke gives such a beautiful account of the Lord's response to Peter immediately following the denial. Even while being falsely accused by the religious leaders, Jesus was fully aware of what was going on with Peter. He knew the exact moment when Peter denied Him for the third time and turned and looked at him. He did not turn His face away from him, but turned toward him. I can imagine that

Peter found himself looking into the compassionate eyes of Jesus, who had already prayed for this very moment. What a wonderful picture of the heart of God for us. Allow the Lord to look into your eyes, even during your times of failure and remember that He lives to make intercession for you.

Day 17: Read John 18:15-27. This is the only account which mentions another disciple being present. It is interesting that this “other disciple” was never questioned about his relationship with Jesus, but Peter was singled out three times. This was Peter’s time of testing. The “other disciple” would have a different test at a different time. Have you ever felt “singled out”? In your time of testing, do not compare yourself with others. Do not believe the lie that you are being treated unfairly by the Lord or that you are the only one who ever suffers. Find your way of victory and be prepared to help others pass their test when the time comes.

The Womb of the Dawn: As you pass the hour of midnight, you enter the “turning of the morning” or the “womb of the dawn.” This is the time when the hours stop moving into darkness and begin moving toward light. What has been conceived during the night comes to birth during the day.

Day 18: Read Psalm 110. This is one of the most quoted psalms in the New Testament, referring to Jesus as the Messiah. Notice verse 3. The word for “day” means the hottest part of the day. The word for “power” is also the word for “army.” This verse promises that in the heat of the day a refreshing like the dew will come from the “womb of the dawn” on the army of the Lord. When we pray through the breaking of the day, new strength and refreshing are released when we need it most.

Day 19: Read Psalm 119:147. This verse describes the life of Jesus. There are many passages that relate how He would rise before light and go to a lonely place to pray. I believe that during those times, the Father would speak to Him about what the coming day would hold and show Him what He wanted to do.

Jesus was never caught off guard because He heard the word of the Father before the day began. Ask the Lord to show you His order for your day before the day dawns.

Day 20: Read Psalm 139: 9-12. The psalmist is painting a picture of the Lord being in any dark place. The word translated here as “wing” means “an extremity.” He is saying that if I am on the extreme edge of the dawn, as far from the dawn as I can get, or in the darkest place of the sea, You are there. Your hand will hold me and guide me. You will even make the darkness the same as the light to me. Ask the Lord to shine His light into any dark place so that the fear or threat of darkness is swallowed up in His light.

Day 21: Read Psalm 46:5, Job 38:12-13. Where God is established, we will not be moved or shaken. God will send help at the “turning of the morning” and we will arise and shake the wicked out of the day.

In our final seven days, let faith, a new identity, and a new cycle of blessing arise!

Day 22: Read Proverbs 3. Lean not on your own understanding. Ask the Lord for your strategy of giving this. Ask Him to fill your storehouses.

Day 23: Read Romans 8. Declare that your mind will submit to your spirit man. Ask the Lord to fill your spirit with the Holy Spirit.

Day 24: Read Luke 18:35-43. Notice the question. Answer this as if you were the blind man being asked by Jesus, “What do you want Me to do for you?”

Day 25: Read 2 Kings 4, Mark 8:1-10. What do you have that the Lord can use? Re-evaluate your resources and let the Lord reveal His strategies for multiplication.

Day 26: Read 1 Kings 17, Luke 14:25-33. Will you put Me first?

Many times we fail the test of prioritizing our loyalty. Sometimes we must give first before our resources multiply.

Day 27: Read Matthew 26:31-35. Who are you really connected with? Will you stand with those the Lord has connected you to? Re-evaluate all of your connections and alignments.

Day 28: Read Luke 5:1-11. Is your net mended? Will you let the Lord direct you into a new place? Are you ready for the call that He has for your future?

Receive a finishing anointing to finish or complete those things that need to be completed in your life! {eoa}

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