

4 Keys for Resisting Sexual Sin

There are many accounts of sexual sin in the Bible, and we can learn much from both the stories of success and those of failure. In my eyes, Joseph has one of the most inspiring victories over sexual temptation.

By the time the 17-year-old was sold to Potiphar in Genesis 39, he was likely dealing with intense trauma, rejection, anger, bitterness and despair over what his own brothers had done to him. Being a Hebrew slave in a foreign land with no discernable way of returning home must have been incredibly lonely and relationally isolating. When looking at the long list of challenges he was faced with, it would be easy to understand if Joseph had given in to Potiphar's wife's daily sexual advances.

I know every man is wired differently, but unless Potiphar's wife was the ugliest and most unpleasant woman on earth, this would have been an enormous temptation for any man. So what were the keys that kept Joseph from giving in to sexual temptation?

1. Know God is with you (Gen. 39:2-3). Joseph was aware that God was with him and was the one behind his supernatural success. For us as new covenant believers in Jesus, God is not only with us, but He lives in us through the Holy Spirit. Being aware and connected to the indwelling presence of the Holy Spirit is crucial for victory. We have access to unlimited power and courage for resisting and overcoming sin when we know God is always with us and for us.

2. Know what has been entrusted to you (Gen. 39:8-9). When tempted by sexual sin, Joseph responded by reviewing the responsibility that had been entrusted into his hands. Nothing

in Potiphar's house had been kept back from him except for Potiphar's wife. Through his healthy fear of the Lord, Joseph was aware that choosing a momentary sensual experience would dismantle his increasing success and trustworthiness.

As citizens in the kingdom of God, we are ambassadors of King Jesus and are given the massive responsibility to represent Him and His will in the earth. Adultery, pornography and all forms of secret sexual sin will lead to destruction in our lives, harm the lives of those closest to us and impact our ability to steward well all that is entrusted to us.

3. Simply refuse (Gen. 39:8,10). Joseph outright refused to give in to Potiphar's wife. He would not heed her daily requests or even spend time around her. He determined to take the narrow and difficult path and was unmovable in his decision. What if we were the same? What if from now on, we refused to entertain adulterous thoughts, refused to give time to lust-filled fantasy, refused urges to look at pornography and refused to engage in any form of sexual gratification outside of marriage?

4. Flee (Gen. 39:11-12). At just the right time, when no one was home, Potiphar's wife turned up the heat with physical touch. But again, as with every other time, Joseph was ready with his predetermined response—"No, no and no!" His Nike running shoes were tied tightly, and he bolted as soon as she reached for him. Too often, we wrongly conclude that when no one is around, we can fight off sexual temptation on our own. Fleeing can look like physically leaving a location, turning off your computer, making a phone call to ask for prayer ... I call this pro-active purity. If you don't enjoy confessing your sin to others, train yourself to flee before the sin happens.

God spoke through a prophet years ago, saying, "To a people without mixture, I will give My Spirit without measure!" I believe Joseph's pursuit of purity is a prophetic example

calling our generation to remove sexual compromise at all cost and become the pure, spotless bride that Jesus will come for.
{eoa}

Cody Archer, along with his wife, Liat, help lead the youth group at Ahavat Yeshua and work together in Revive Israel's international department.

For the original article, visit .

A Prayer for Body Restoration

The word of the Lord in my heart now is “restoration.” The body of Christ has lost so much because of deception. We have listened to the wrong voices for far too long.

Listening to wrong voices lead to wrong choices. Wrong choices lead to sorrow, pain, and regret.

However, God wants to restore His people. Restoration starts with one truth: The body of Christ does not work without the head (see Eph. 5:23).

Disconnection happens if we stop living according to the truth in God's Word. Remember, Jesus Himself is the living word. So you can't say you belong to Jesus and reject His Word:

“Trust in the Lord with all your heart, And lean not on your own understanding; in all your ways acknowledge Him, And He will direct your paths” (Prov. 3:5-6).

Please go to a quiet place and pray the following prayer from your heart. Let's all join our faith together in believing that it will come to pass, according to the word of the Lord.

Father, I enter Your gates with thanksgiving and Your courts with praise. I am thankful for the life You have given to me. I am thankful You've given me food for my hunger and water for my thirst.

I am thankful for all of your provision, Lord. You supply all my need according to Your riches in glory by Christ Jesus. Every spiritual, mental and physical need I have is covered in the promises in Your word. I have received everything I need pertaining to life and godliness.

I am thankful for salvation. You have given me the true bread from heaven in your Son, Jesus Christ. O, how I love Jesus! I love Him because He first loved me. I am thankful He gave His life for me. In Him, I walk in newness of life. I am thankful that He lives in me. I am thankful for the hope of glory!

Through Him, I have the received the gift of Your Holy Spirit. Out of my belly flow rivers of living water. Revive me according to Your word, Lord. Through the fountain of living waters, I have a continuous source of strength, power, refreshment, renewal and restoration. Let me never forget that.

I renounce any hunger or thirst after worthless things. I am no longer a broken cistern. Broken cisterns can hold no water, and I don't want to spill a drop of all that you have for me. I no longer seek comfort apart from You, Lord. By Jesus' stripes, I am healed. Jesus has healed my broken heart. He has bound up my wounds.

I am released from every weight that so easily besets me. I lay it aside, offering it as a sacrifice to you, Lord. In exchange, I shall receive Your peace.

If I have forsaken Your counsel in any area in my life Lord, I repent. I return back to You. I am thankful You never leave me nor forsake me. I am thankful You are ready to forgive. I am thankful You are gracious and merciful. I am thankful You

are abundant in kindness.

You promised in Your Word, "If My people, who are called by My name, will humble themselves and pray, and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land" (2 Chron. 7:14).

I am called by Your name, Lord. I humble myself under Your mighty hand. I am praying and seeking Your face right now, Lord. I turn from any wicked way in my life. Hallelujah! I know You have heard this prayer according to Your Word. I praise You that I am forgiven and healed.

Restore to me the years that my poor choices have eaten up. I was both deceived by outside influences and deceived myself through my own flesh.

I repent of any pride that tells me I can live this life for Your glory without hearing Your voice every day and don't need to read or apply your Word. Create in me a clean heart and renew your steadfast Spirit within me. Help me to reject any voice that does not agree with Yours. It was for liberty Christ came to set me free, and I will not be entangled again in a yoke of bondage.

I am thankful You have given me Your good Spirit to instruct and lead me. I trust You, and I no longer lean unto my own understanding. In all my ways, I acknowledge You, and You shall direct my path. Your Word is a lamp unto my feet and a light unto my path. From this day forward, Lord, I set my heart to walk according to the light of Your Word.

Fix my heart, Oh Lord. Help me to remember every day to take my delight in You. As I delight in You, You will conform my desires to Your desires. And I will be able to walk worthy of my high calling in You. I will walk as a wise and understanding person from now on in every area of my life.

Give me ears to hear your word and a heart to obey. Use my life, Lord, so others will see my good works and glorify You. Restore to me the joy of Your salvation this day, and I will sing Your praise. In Jesus' name, Amen." {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 .

Prophecy: The Lord Is Raising Up Daniels in DC

When I step into cities or nations, the Lord often almost immediately speaks to my heart about what He thinks and feels. Last week, I traveled to our nation's capital to speak at the convocation for POTUS Shield, a council of prophets and other spiritual leaders—including Cindy Jacobs, Rick Joyner, Lou Engle and Lance Wallnau—assembling to raise up a spiritual shield in Washington, D.C.

As I sat in the cab passing by the Washington Monument, the Lord began speaking to my heart about this epic city:

Washington, oh Washington, I am doing a work in you. I am working to restore the foundations and return you to your former glory. I am rooting out corruption, and I am calling you back to the integrity that once marked you. I am calling for truth and righteousness. I am calling you back to your roots by rooting out that which has defiled you. I am doing

this little by little, but I am doing it. I am raising up Nehemiahs who will repair the breaches and I am raising up Daniels who will interpret the signs. I am raising up those who know My heart and My will for the nation to speak into the heart of America. I am raising them up to expose, to root out, to rebuild and to restore. I am raising them up.

This is encouraging. The corruption in our government goes back decades. Many still ponder a conspiracy behind the murders of John F. Kennedy and his brother, Robert. Watergate is yet a distant memory. More recently, Hillary Clinton's Benghazi issues and email scandal have made headlines.

What we need to keep in mind is it's no one man or woman can correct the issues in Washington or the nation. But God does set in place authorities and can work through anyone. POTUS Shield is a strategic movement in this time and season because I believe the Lord has summoned us to intercession, prayers, declarations and decrees of the word of the Lord over our nation and our government.

I believe we can see, as Cindy prophesied, the tables turn in America if the prophetic voice is allowed to permeate the White House and the saints press into intercession to see God's will be done and His Kingdom come in America. I believe we're on the precipice of a Third Great Awakening the Lord spoke to my heart about in April 2007.

I believe this because I believe in God's mercy and I believe 2 Chronicles 7:14 is true: "If my people, who are called by my name, will humble themselves and pray, and seek my face and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land."

The four living creatures holding golden bowls full of incense, which are the prayers of God's people (Rev. 5:8) will eventually tip over. And I am determined to keep praying until they overflow. Will you join me? {eoa}

The Lord has released the angels of abundant harvest. Visit to learn more.

Jennifer LeClaire is senior editor of Charisma. She is also director of Awakening House of Prayer in Fort Lauderdale, Florida, co-founder of , on the leadership team of the New Breed Revival Network and author of several books, including *The Next Great Move of God: An Appeal to Heaven for Spiritual Awakening*; *Mornings With the Holy Spirit*, *Listening Daily to the Still, Small Voice of God*; *The Making of a Prophet* and *Satan's Deadly Trio: Defeating the Deceptions of Jezebel, Religion and Witchcraft*. You can visit her website [here](#). You can also join Jennifer on Facebook or follow her on Twitter. Jennifer's Periscope handle is [@propheticbooks](#).

Spiritual Warfare: Outsmart the Crafty One

“Be sober and watchful, because your adversary the devil walks around as a roaring lion, seeking whom he may devour” (1 Pet. 5:8).

Satan is quite crafty. He takes advantage of every opening you give him to enter your life. I am familiar with his schemes.

In my 50 years, I have given the enemy footholds in my life—footholds that, unfortunately, became strongholds. And those strongholds have brought chaos and heartache. I blame no one but myself for opening the door to the devil's wiles.

The devil has already lost the war. But we have to be

intentional about the battle and take advantage of every weapon of spiritual warfare God has supplied us with to beat him down.

My friend and editor of *Charisma* magazine, Jennifer LeClaire, once wrote, "The Holy Spirit also showed me that we already possess every weapon we need for battle, but we sometimes don't know we have them. He showed me that the fruit of the Spirit manifested can be a weapon against the enemy: love, joy, peace, patience, gentleness, goodness, faith, meekness and self-control. It drives the devil crazy when you walk in love or remain at peace. It's one way we submit ourselves to God; resist the devil and watch him flee (James 4:7).

In other words, it's up to you to take the battle to him and refuse to allow him to get his foot in the door of your life. "Do not give place to the devil" (Eph. 4:27). He can't work in your life if you don't allow it.

The lion can roar but not devour. {eoa}

Reasons Your Teen May Be Rebellious

Teenage rebellion is nothing new. Rebellious children have been around since the first children inhabited the earth. Remember Cain and Abel?

So, what should you do about it? Run from the battle? Raise the white surrender flag in defeat? Go to war with guns blazing? None of those things will accomplish very much and may end up killing your relationship with your child.

Instead, it's important to first get a handle on why your teen may be rebelling. Understanding why your teen is rebelling is essential to understanding what we should do about it.

Here are five reasons why your teen may be rebelling:

1. Struggle for identity. Your teen is trying to answer the question, "Who am I?" During the teen years, our children struggle to figure out who they really are and why they are here. It's important during this time for parents to help children understand their immeasurable value because of who they are, not for what they do. Moms and dads should help their kids understand the difference between identity and image.

2. Struggle for acceptance. Remember trying to be cool in order to fit in? It's the same today. Teens still want to be part of the crowd, they want a sense of belonging, and they still feel the pressure to do what everyone else is doing. In the movie *What a Girl Wants*, teenage Daphne is trying to be someone she's not and is really struggling with it. At one point, her boyfriend asks, "Why are you trying so hard to fit in, when you were born to stand out?" While understanding our children's need for acceptance, let's help them understand that it's good to be different. Encourage them to be different, to have the courage to do what's right and the conviction to stand out in the crowd.

3. Struggle for attention. Teens often want others to notice them. They're silently saying, "Hey, look at me!" And sometimes they'll do almost anything for attention. As parents, we need to do everything we can to give our kids attention by being available when they need us. A father or mother who is always working and not paying attention to their child will find a child who seeks attention in many wrong places and many wrong ways. Fathers, especially, need to let their daughters know they are beautiful inside and out. And they need to let their sons know they've got what it takes.

4. Struggle for control. When our children are younger, we are in complete control of just about everything they do—what they eat, what they wear, where they go and who they are with. As they get older, our children want to make more and more decisions for themselves and don't want Mom or Dad always telling them what to do. We need to show our children they will have more control over their decision-making to the extent that we can trust them to make wise decisions. Trust is earned over time.

5. Struggle for freedom. If you have teens, you've probably heard something like, "I just want some freedom." Although teens say they want total freedom and independence, they still want to and need to rely on us for certain things. As parents, we need to allow them to experience more freedom as they get older, but only as they learn a very important point: Freedom comes with responsibility. {eo}

Mark Merrill is the president of All Pro Dad and Family First , a national non-profit organization. He is also the voice of a daily radio program called The Family Minute.

For the original article, visit .

My Problem With Traditional Diets

"What do you think about Weight Watchers?"

I received that same question twice via email on the very day I posted the "My Problem with Overeaters Anonymous" article.

When I saw the question, I thought. "Uh, uh—do I really want

to get on my soapbox about traditional diets?”

Before I give my answer to the question, I need to give you some background about my own history with Weight Watchers.

In the over 20 years of struggling with my weight before I achieved lasting success, I used the Weight Watchers program at least twice. Although I did lose weight, I ended up gaining the weight back, plus more on top of that.

However, you’ll notice that I did not call this article, “My Problem with Weight Watchers.” That’s because my problem is not about Weight Watchers specifically.

My problem is with all traditional diets on the planet.

Ooh, it sounds like Kim is getting ready for a rant!

Yes, I know it is a strong statement. And to be fair, some weight-loss programs are good. I count Weight Watchers as a good program as far as traditional programs go.

However, my problem is because of a critical flaw within all traditional weight-loss programs.

The flaw is that a typical diet-industry program works on an external approach: outside in.

Here’s a good example. Back in the 1980s, I was a regular *Oprah Winfrey Show* viewer. (Interestingly enough, Oprah is promoting Weight Watchers now.)

I will never forget the episode when Oprah emerged on the stage, looking slim and trim in skinny jeans, dragging a wagon load of fat behind her.

Oprah told viewers she lost the weight on a medically supervised liquid diet. Well, Oprah looked great. I needed to lose a lot of weight too, so I decided to do what Oprah did.

I discovered a local hospital offered the Medifast diet. It

was very expensive, costing hundreds of dollars a month. I would be limited to eating two small meals supplied in a silver vacuum-packed bag along with drinking three protein shakes per day.

Plus, I had to have blood work done every few weeks to ensure my blood chemistry remained normal. After all, that way of eating is not normal for most of us.

I did the program for two months. The meals weren't half bad, but the shakes were horrible. They tasted like chalk. But I was willing to endure the shakes if I was going to end up looking like Oprah.

Well, you probably know the end of the story. I did lose the excess weight. I looked great, but I felt awful. My energy level was in the basement.

I couldn't wait for the diet to be over. As soon as it was, I threw myself back into eating the way I did before the diet. So did Oprah. We both gained the weight back—plus more.

What happened to us is the traditional-diet mentality in action.

The diet mentality says, "I'll eat this way until I lose weight, then I'll go back to eating the way I did before." That is why people are constantly losing weight and gaining it back.

Because they are always going back to what they see as normal eating for them.

Even though the diet works on their external actions, their hearts and minds remain unchanged. That's why they always go back to the place (habits) that caused them to gain weight in the first place.

So you need to go to a new place.

I believe a Christ-centered approach to weight loss works best. God's way to change is internal, inside out.

We know that the only way to lasting change is the way the Bible prescribes: "Keep your heart with all diligence, for out of it are the issues of life" (Prov. 4:23).

"Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God" (Rom. 12:2).

Only a daily relationship with God through Jesus Christ has the power to change your heart.

Only abiding in His Word has the power to change your mind.

In the over 10 years I've had Take Back Your Temple online, I have discovered that many people who struggle with eating and weight issues have heart issues driving them. They also typically have beliefs that are keeping them overweight.

A traditional weight-loss program can never minister to issues of the heart and mind. But Jesus, the Great Physician, can.

As long as you only work on the outside and don't address what is driving your external behavior from the inside, you'll be doomed to riding the weight loss rollercoaster forever.

But when you slow down and decide you no longer want to live a diet, but want a way of eating that powers your purpose and your life, you are on your way to lasting success.

Christians realize a larger issue is at stake than just looking good; after all, how we travel through this life has eternal consequences.

So the wisest thing to do is to "lay aside every weight" (Heb. 12:1b) that entangles us in this world so we can "run with endurance the race" the Lord sets before us (see Heb. 12:1b).

Be blessed in health, healing and wholeness. {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 .

Why the Unchurched Will Talk About Faith and Not Church Attendance

Americans who don't go to church are happy to talk about religion and often think about the meaning of life.

They're open to taking part in community service events hosted at a church or going to a church concert.

But only about a third say they'd go to a worship service if invited by a friend. Few think about what happens after they die.

Those are among the findings of a new online survey of 2,000 unchurched Americans from Nashville-based LifeWay Research. The survey, conducted in partnership with the Wheaton, Illinois-based Billy Graham Center for Evangelism, found more than half of Americans who don't go to church identify as Christians.

But they are mostly indifferent to organized religion, says Scott McConnell, executive director of LifeWay Research.

“Unchurched Americans aren’t hostile to faith,” he says. “They just don’t think church is for them.”

Talking About Faith Isn’t Taboo

For this survey, “unchurched” means those who have not attended a worship service in the last six months, outside of a holiday or special occasion like a wedding.

Among their characteristics:

- Two-thirds (67 percent) are white
- Just over half (53 percent) are male
- About half (47 percent) have a high school diploma or less
- Almost two-thirds (62 percent) went to church regularly as a child
- About a third (32 percent) consider themselves nonreligious
- One in five identifies as Protestant; one in four as Catholic

Few are turned off by conversations about faith, says McConnell.

Almost half (47 percent) say they discuss religion freely if the topic comes up. A third (31 percent) say they listen without responding, while 11 percent change the subject.

Only about a third (35 percent) say someone has ever explained the benefits of being a Christian to them.

McConnell says Christians may be reluctant to talk about their faith out of fear of offending their friends. But the survey found that fear is unfounded.

“Unchurched folks are not being overwhelmed by Christians talking about their faith,” says McConnell. “If faith is important to you, then your friends will be interested in hearing about it.”

A Personal Touch Still Matters

Researchers looked at the kinds of activities unchurched Americans might be interested in as well as methods for inviting them to church.

About two-thirds (62 percent) would attend a church meeting about neighborhood safety. Half would take part in a community service event (51 percent), concert (45 percent), sports or exercise program (46 percent) or neighborhood get-together (45 percent) at a church.

“Concerns for neighborhood safety and desire to express compassion to the under-resourced seem to be the biggest potential draws for the unchurched to get connected to a church,” noted Rick Richardson, professor of evangelism and leadership at Wheaton College and research fellow for the Billy Graham Center for Evangelism. “Invite unchurched people to those kinds of events, and many say they will attend.”

Fewer are interested in attending a worship service (35 percent), recovery group (25 percent) or seminar on a spiritual topic (24 percent) if invited.

When it comes to church invitations, a personal touch works better than a sales pitch.

Half (51 percent) of unchurched Americans say a personal invitation from a friend or family member would be effective in getting them to visit a church. Other methods, such as a church member knocking on the door (21 percent), a TV commercial (23 percent), postcard (23 percent) or Facebook ad (18 percent), are less effective.

Little Interest in Life After Death

Researchers also asked unchurched Americans about the big questions of life.

About seven in 10 agree there's an ultimate plan and purpose

for every person. One in five (19 percent) disagrees. One in nine (11 percent) isn't sure.

Almost six in 10 (57 percent) say it's important for them to find their deeper purpose in life. A third disagree (31 percent), while one in nine (12 percent) isn't sure.

Few wonder, at least on a regular basis, if they'll go to heaven when they die. Just under half (43 percent) say they never ponder that question. One in five (20 percent) isn't sure the last time that question came to mind. Three in 10 (29 percent) say they ask that question on at least a monthly basis.

This lack of interest in the afterlife can pose a problem for Christians who want to share their faith, says McConnell. Many have been trained to ask questions like, "If you died tonight, would you go to heaven?"

That tactic might not be as effective today, says McConnell.

"If the only benefit of being a Christian is that you get to go to heaven, most unchurched people don't care," McConnell says. "It can't be the only way of talking about faith."

Instead, McConnell suggests those who want to share their faith talk about how their relationship with Jesus affects them in day-to-day life and discuss the benefits of being part of a church.

And be proactive, he says.

"Don't wait for unchurched people to bring up the topic of faith," he said. "It's probably not going to happen." {eo}

Bob Smietana is senior writer for Facts & Trends magazine.

For the original article, visit .

How You Can Jump-Start Your Weight Loss and Kick-Start Your Health

You have an assignment to fulfill. Many prophets are saying this is the year of fulfillment of dreams and goals for our lives. It's time to take action and become lean, healthy and energized so you can fulfill the plans God has for you. "For I know the plans that I have for you, says the Lord, plans for peace and not for evil, to give you a future and a hope" (Jer. 29:11).

Do you know what His plans are for your life for this year? If not, press in until you hear them. Then take an assessment. What kind of health, energy and body do you need to make those plans a reality? We do know God wants you to live an abundant, joy-filled life; therefore, He doesn't want you to struggle with sickness, fatigue or excess weight.

One study showed that people gain weight between October and December and specifically one to three pounds between Christmas and New Year's. About half the weight was lost quickly, but the other half hung around for a while. Another study showed that though the weight gain was smaller for those in that study, people never lost the holiday weight they gained. You need a plan so that doesn't happen to you.

But weight gain is not the only concern. Sugar, fat and alcohol damage the body in more ways than one. Studies show that alcohol and sugar contribute to fatty liver disease. Other studies show that sugar is as addictive as cocaine. No wonder we find it hard to stop eating sweets once we start.

And according to a study published in *The Journal of Clinical Investigation*, eating too much animal fat may damage your hypothalamus, the area of your brain that regulates energy balance.

If you had too many holiday treats, fatty foods and cheese balls, fear not. It's a new year. You can hit the reset button.

Are you ready for a new beginning? One way to jump-start your weight loss and your health is to try a short juice fast. Fresh juice is particularly helpful because it's broken down like a predigested food. It's rewarding because it provides an abundance of nutrients that bind up toxins, while also supporting the digestive system, providing it an opportunity to heal.

Juice nutrients cleanse your pathways of elimination and feed your cells an abundance of nutrients, including vitamins, minerals, enzymes, phytonutrients and biophotons.

Juice is the cavalry. The antioxidants march into your body like good soldiers to clean up sludge and knockout the bad guys like free radicals, which damage your cells. Then you can really sail through the winter cold and flu season without a bout of anything because you've supported your first defense line—your immune system.

The juice fast is a fantastic post-holiday weight loss choice. With this fast, you give up solid foods and enjoy delicious, nutrient-rich elixirs. They'll help you flush your system and rejuvenate your body. On a juice fast, cravings will diminish. You may find some aches and pains going away too. You can even get rid of acid reflux. And you can get your energy back because you'll be absorbing nutrients more efficiently.

Many people gain belly fat during the holiday season. But some of that may not actually be fat, but rather bloating and some toxic sludge in the colon. You can cleanse your colon of the

bloating and waste or plaque that causes it to protrude with a cleansing fast.

You can start your jump-start program with a one- to three-day juice fast. On your solid food days, avoid sugar, refined carbs, sodas, junk food, fast food, and snack foods.

Drink one or two glasses of juice those days. If you want to lose more weight, continue a one- to two-day juice fast each week until you reach your weight goal. Then you can juice-fast a few meals a week as a maintenance plan. If you have diabetes or hypoglycemia, be aware of consuming fruits. Although you can add a small amount of low-sugar fruit like green apple or berries for flavor, you should stay away from most fruit when you juice and stick to vegetables.

Juice It Up!

Here are three great recipes designed to taste great while cleansing your body and helping you burn fat.

Weight Loss Buddy Cocktail

Serves 1

Jerusalem artichoke juice combined with carrot and beet is a traditional remedy for satisfying cravings for sweets and junk food. The key is to sip it slowly when you get a craving for high-fat or high-carb foods.

1 Jerusalem artichoke, scrubbed well

3-4 carrots, scrubbed well, tops removed, ends trimmed

1 green apple (lower in sugar than red or yellow)

½ cucumber

1-inch chunk ginger root

Cut produce to fit your juicer's feed tube. Juice ingredients

and stir. Pour into a glass and drink as soon as possible.

Fat Flush Ambrosia

Serves 1

According to research, grapefruit contains fat-burning phytochemical that works to balance insulin levels. That means you'll burn more fat rather than store it. Grapefruit has also been shown to lower the bad cholesterol (LDL).

1 grapefruit, peeled*

1 small handful mint

6 leaves Romaine lettuce

Juice all ingredients and give it a stir!

*Note, always peel grapefruit (and oranges) as it contains volatile oils that can upset your stomach.

Metabolism Booster Juice

Serves 1

Celery and hot peppers are considered thermogenic foods, which means they boost your metabolism.

4 ribs celery, with leaves too

1 green apple

1 cucumber

Dash of cayenne pepper or dash of hot sauce.

Juice all ingredients, and give it a stir!

Ready, Set, Go!

Get a juicer that's easy to use or find a good juice bar. You can use a blender if you don't have a juicer. You may also use

freeze-dried juice powder or low sodium V-8 in a pinch.

- Drink 3-6 glasses of juice a day on juice fast days.
- Drink 8 glasses of water to flush your system.
- Check out the Dirty Dozen at [http://www.ewg.org/dirtydozen/](#). You'll want to avoid the most heavily pesticide sprayed produce and get organic when it comes to these twelve.

Pick the best day to start and get all your produce assembled in advance unless you're going to your local juice bar.

Many people find it easiest to start on a weekend day.

Get some good recipes; don't wing it. If you don't like the taste of what you create, you may ditch the whole thing. {eo}

Note: The recipes and portions of this article are excerpts from my new book, The Juice Lady's Guide to Fasting. (Siloam)

Cherie Calbom, MSN, holds a Master of Science degree in whole foods nutrition from Bastyr University. Known as "The Juice Lady" for her work with juicing and health, she is the author of 32 books including her latest The Juice Lady's Guide to Fasting and Sugar Knockout. She and her husband offer juice cleanse retreats throughout the year, 30-Day Detox online and Garden's Best Juice Powder. She has lectured worldwide on juicing, detoxing and fasting including consulting for the Royal Family of the UAE. Winner of the TTAC Lifetime Achievement Award for her work with juicing and detoxification, her blogs and books on juicing, cleansing and health have helped thousands of people live healthier lives. You can connect with her on Facebook and Twitter and sign up for her free newsletter at [http://www.thejuicelady.com/](#).

What You're Ultimately Chasing if You're Not Chasing Jesus

There are many things in this world that constantly pull and beg for our attention, our heart, our worship and our souls. The battle for our heart that takes place each and every day is an active one and one that begs to be acknowledged if one seeks any chance of keeping themselves on a straight and narrow path.

Why? Because if we don't learn to put up our guard as Christians, the enemy will seek every opportunity it can to steal, kill and destroy our hearts (John 10:10).

If the opposite of good is bad, the opposite of life is death, and the opposite of light is darkness, then anything opposing the grace and truth of Jesus is not only dead and bad but dark as well. Darkness is an enemy that, although it has already been defeated, yearns to poke and tempt followers of Jesus each and every day. It's an opponent we must be willing to fight every day, choosing to pick up our crosses and die to ourselves so the impeccable strength and hope of Christ may rise up and dwell within us (Luke 9:23).

When we pursue the hope of Jesus, we are pursuing life to the fullest extent—the only true experience of life that really exists. But when we pursue anything contrary to that of God's Word, we set ourselves up for failure, a failure where we would ultimately pursue death, sometimes without even knowing it.

Don't be tricked into thinking the many temptations of this world can offer anything remotely close to the fulfillment and peace of Jesus. Because they can't, and they never will be able to live up to God's intrinsic and bewildering design for

humanity.

The battle for your heart includes:

- Movies
- Sports
- Music
- Advertisements
- Fame
- Materialism
- Money
- Television commercials
- Billboards
- Magazines
- Social media

All of these things, although not always bad, can be used to tempt and persuade you to chase after something other than a life in Christ. Sometimes the temptation is obvious and in your face, but other times it may be packaged and disguised as something that can be justified because of emotion and feeling. Regardless of what or who is tempting you, the reality and importance of needing to guard our hearts remain the same. We live in a world where Jesus will never be accepted because He was never meant to be (John 14:7).

If we're not chasing Jesus, we're ultimately chasing death. Let us choose to pick up our crosses daily, pursue after the hope of Jesus and dedicate our lives to making much of Him and nothing of ourselves. {eoa}

Jarrid Wilson is a husband to Juli, dad to Finch, pastor, author, blogger, founder of Cause Roast. He's helping people live a better story. For the original article, visit .

8 Books That Could Help Shape Your Spiritual Life

Looking for some new reading material? Here are 10 books that have helped shape my spiritual life.

1. *Fresh Wind, Fresh Fire*, Jim Cymbala. The times are urgent. God is on the move. Now is the moment to ask God to ignite his fire in your soul. Cymbala believes Jesus wants to renew his people—to call us back from spiritual dead ends, apathy and lukewarm religion. Cymbala knows the difference firsthand. Thirty-five years ago, his own church, the Brooklyn Tabernacle, was a struggling congregation of 20. Then they began to pray ... God began to move ... street-hardened lives by the hundreds were changed by the love of Christ ... and today, they are more than 10,000 strong. The story of what happened to this broken-down church in one of America's toughest neighborhoods points the way to new spiritual vitality in the church and in your own life. *Fresh Wind, Fresh Fire* shows what the Holy Spirit can do when believers get serious about prayer and the gospel. As this compelling book reveals, God moves in life-changing ways when we set aside our own agendas, take Him at His word and listen for His voice.

2. *A Tale of Three Kings*, Gene Edwards: This best-selling tale is based on the biblical figures of David, Saul and Absalom. For the many Christians who have experienced pain, loss and heartache at the hands of other believers, this compelling story offers comfort, healing and hope. Christian leaders and directors of religious movements throughout the world have recommended this simple, powerful and beautiful story to their members and staff. You will want to join the thousands who have been profoundly touched by this incomparable story.

3. *Crazy Love*, Francis Chan: Crazy, relentless, all-powerful love. Have you ever wondered if we're missing it?

It's crazy, if you think about it. The God of the universe—the Creator of nitrogen and pine needles, galaxies and Eminem—loves us with a radical, unconditional, self-sacrificing love. And what is our typical response? We go to church, sing songs and try not to cuss. Whether you've verbalized it yet or not, we all know something's wrong.

Does something deep inside your heart long to break free from the status quo? Are you hungry for an authentic faith that addresses the problems of our world with tangible, even radical, solutions? God is calling you to a passionate love relationship with Himself. Because the answer to religious complacency isn't working harder at a list of do's and don'ts—it's falling in love with God. And once you encounter His love, as Francis describes it, you will never be the same. Because when you're wildly in love with someone, it changes everything.

4. *Running with Horses*, Eugene H. Peterson: In Jeremiah 12:5 God says to the prophet, “If you have run with the footmen, and they have wearied you, then how can you contend with horses? And if in the land of peace in which you trusted, they wearied you, then how will you do in the thicket of the Jordan?”

We all long to live life at its best—to fuse freedom and spontaneity with purpose and meaning. Why then do we often find our lives so humdrum, so un-adventuresome, so routine? Or else so frantic, so full of activity, but still devoid of fulfillment? How do we learn to risk, to trust, to pursue wholeness and excellence—to run with the horses in the jungle of life? In a series of profound reflections on the life of Jeremiah the prophet, Peterson explores the heart of what it means to be fully and genuinely human. His writing is filled with humor and self-reflection, insight and wisdom, helping to set a course for others in the quest for life at its best.

5. *Accidental Pharisees*, Larry Osborne: Zealous faith can have

a dangerous, dark side. While recent calls for radical Christians have challenged many to be more passionate about their faith, the downside can be a budding arrogance and self-righteousness that “accidentally” sneaks into our outlook. In *Accidental Pharisees*, bestselling author Larry Osborne diagnoses nine of the most common traps that can ensnare Christians on the road to a deeper life of faith. Rejecting attempts to turn the call to follow Christ into a new form of legalism, he shows readers how to avoid the temptations of pride, exclusivity, legalism and hypocrisy.

6. *The High-Definition Leader*, Derwin L. Gray: *The High-Definition Leader* is an invitation of grace for churches and their leaders to grasp the ancient call of the early New Testament Church that crossed ethnic and socioeconomic barriers to create heavenly colonies of love, reconciliation and unity on earth. In it, you will learn the theology and practices that will help you build a mission-shaped, multi-ethnic church.

7. *The Pursuit of God*, A.W. Tozer: *The Pursuit of God* is an inspirational book that aims to guide those who wish to follow Christ. It includes biblical teachings that emphasize the concept of pursuing God. The concept of seeking God should be evident in the context of obtaining a genuine relationship between the Creator and the creature. Man must consider God as not only a creator, but also the one who sustains life; hence, all creatures must depend solely on Him.

8. *The Cost of Discipleship*, Dietrich Bonhoeffer: One of the most important theologians of the twentieth century illuminates the relationship between the teachings of Jesus and our lives. What can the call to discipleship, the adherence to the word of Jesus, mean today to the businessman, the soldier, the laborer or the aristocrat? What did Jesus mean to say to us? What is His will for us today? Drawing on the Sermon on the Mount, Dietrich Bonhoeffer answers these timeless questions by providing a seminal reading of the

dichotomy between “cheap grace” and “costly grace.” “Cheap grace,” Bonhoeffer wrote, “is the grace we bestow on ourselves ... grace without discipleship. ... Costly grace is the gospel which must be sought again and again, the gift which must be asked for, the door at which a man must knock. ... It is costly because it costs a man his life, and it is grace because it gives a man the only true life.”

What books have shaped your spiritual life? Leave a comment below. {eo}

Jarrod Wilson is a husband to Juli, dad to Finch, pastor, author, blogger, founder of Cause Roast. He's helping people live a better story. For the original article, visit [here](#).