

What Recognizing Stroke Symptoms Did for This Woman's Faith

On Thursday, August 11, 2016, I experienced stroke symptoms.

I had awakened from a nap to find the left side of my face, hand, and foot numb. I had difficulty moving my hand and walking.

I knew I was in trouble. The first thing I did was pray, seeking the Lord as to what to do. I solicited prayers from the prayer warriors at my church. And based upon godly counsel, I sought medical attention.

My blood pressure was sky high. Many of you know that my grandmother died of a stroke at the age of 47 and I am not too many years beyond that age.

Praise God, my blood pressure was brought down with medication. Now, here is where the story gets really interesting.

I had a brain CT scan, and no evidence of a recent stroke was seen. However, there was evidence of an "old" stroke on the scan. I have never had any stroke before of which I'm aware.

My personal belief is that the "old" stroke was not old at all, but the new event that God healed. The doctor could not find anything new in my brain. The prayers of the righteous do avail much!

At this juncture, I still have some numbness in my fingers and toes on the left, but it is getting better every day.

God is still in the healing business. I am learning something else through this experience:

This situation came to pass, but God's Word comes to last!

Now, some of you may wonder: "She is always talking about health—eating right and exercising. And yet, this affliction still happened to her. What is the point?"

Well, the Lord did not promise that we would have a trouble-free life—even as Christians. Such are the effects of living in our fallen world:

"I have told you these things so that in Me you may have peace. In the world you will have tribulation. But be of good cheer. I have overcome the world" (John 16:33).

With that being said, I must take responsibility for my part. In my ignorance, I did not take my blood pressure medication the way I should have. I said to myself, "The Lord will heal me."

Well, the Lord never told me to stop my medication! I am just being transparent here.

Proverbs 3:5-6 says, *"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."*

Failing to take my medication properly was me leaning upon my own understanding, not following God's direction. It was presumptuous and I would never advise someone else to do that.

Hear this: Taking medication does not mean that you lack faith in God's ability to heal!

Please do not make the same mistake I did. Seek the Lord first for every decision. You will know it is the Lord speaking to you when you have peace in your inner man. If there is doubt, anxiety and confusion, keep seeking Him.

Absent a specific word from God in your situation, be obedient to the wisdom that He has given to you already. He speaks

through His Word, personal revelation, which agrees with His Word, and godly counsel, which also agrees with His Word:

“Where there is no counsel, the people fall; But in the multitude of counselors there is safety” (Prov. 11:14)

I eat healthy and exercise because God made known to man that these actions support our health.

I believe my affliction would have been much worse, perhaps even fatal, if I had not been doing what I know to do in the eating and exercise arena already. I thank God for His mercy!

During this experience, I recalled one of Jesus' temptations in His wilderness experience (Matt. 4:1-11). I thought about how Satan tried to tempt Jesus to throw Himself off the pinnacle of the temple to prove who He was and what God can do.

He even twisted a Scripture to try to convince Jesus to kill himself!

However, Jesus said to him, “It is written again, ‘You shall not tempt the Lord your God.’”

This Scripture refers to an incident in Exodus 17:1-7. The people wanted water in the wilderness and asked for it, however they did so in a manipulative way.

They asked, “Is the Lord among us or not?”

The implication was that if the Lord did not do what they wanted Him to do or act in the time frame that they wanted, then that must mean the Lord was not with them.

But God had already said Exodus 6:7: *“I will take you as My people, and I will be your God. Then you shall know that I am the Lord your God who brings you out from under the burdens of the Egyptians.”*

Whether in the wilderness or in the Promised Land, in affliction or in wellness, we must be convinced of one thing:

The Lord is with us.

Outward circumstances should never convince us otherwise, nor should we attempt to try to manipulate God to change our outward circumstances as proof that He is who He says He is or that His word is true.

Tempting God goes along the lines of, "If you are God, then you would ... "

If that is the case, then we fall right into the snares of the enemy! Rather, our game plan should be from Philippians 4:6-7: *"Be anxious for nothing, but in everything by prayer and supplication, with gratitude, let your requests be made known to God; and the peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus."*

Do not move unless God tells you to—either through His Word, through personal revelation or through godly counselors.

I am still believing the Lord for complete restoration of feeling in my left fingertips and toes. In the meantime, I will continue to do what is known: taking my medication properly, monitoring my blood pressure, as well as continuing to eat properly and exercise.

I have experienced its benefits, both in my daily ability to enjoy life and in prevention. That is the point.

I am doing my part and letting God be God in the rest! {eoa}

Kimberly Taylor is the author of *The Weight Loss Scriptures and many other books. Once 240 pounds and a size 22, she can testify to God's goodness and healing power. Visit and receive more free health and weight-loss tips.*

For the original article, visit .

Why Many Millennials Are Starving for the Baptism of the Holy Spirit

Children and youth are the largest generation around the world. There are over 80 million millennials in the United States, which is 34 million more than my generation called X, and is 4 million more people than the Baby Boomers.

Millennials are spiritually hungry and readily accept the supernatural. They want something more than what they are getting from pop culture. They are bombarded with things to buy and do, but they want to keep their personal identities while desiring for authenticity.

Relevance seemed to be a key term several years ago, but now the youth are not asking for relevance but instead want to be part of an authentic community based on reality which addresses and applies positive change to every aspect of life. As the church, we can provide their answers for life and provide authentic fellowship. They will commit to be part of the community before they come to Christ and when His power is on display they will wholeheartedly commit to Him and bring their friends.

The power of God needs to be displayed in all ministries, places of work and homes. As a youth pastor, I saw many teenagers receive the baptism with the Holy Spirit. Once, while out for coffee with a group of teenagers, one asked me about the Holy Spirit. Once we got back into the church van, I

sensed the Spirit of God wanting to move. I led the teen in a simple prayer and she started to beautifully speak in tongues as we traveled back to drop everyone off.

These occurrences took place often. I had a group of student interns in my vehicle returning from an outreach. While worship music played, one student in the back asked about the topic of speaking in tongues. While driving, I explained it to her using Scripture and led her in prayer to receive this spiritual gift.

Right then, the student in the passenger seat was filled with the Spirit, and it prompted other students to ask about it. The young lady who asked didn't receive at that moment, but testified within the week that she was deep in prayer and filled with the Holy Spirit while vacuuming.

God enjoys giving spiritual gifts, even on holidays and birthdays. One time I was in my church office and received an urgent phone call. A woman in our church told me about her nephew, who was in crisis due to drugs. She asked me to drop everything and intervene. I arrived at the home and shared the gospel with her nephew, who accepted Jesus and became instantly sober. Worship music played and I discussed the Spirit baptism from Acts 2:1-4, and the woman from my church said she wanted that to take place in her life. I led her in a simple prayer, asking for the Spirit to fill her up, and she gloriously received it on her birthday!

A year ago, after preaching on salvation and seeing over 100 young people give their lives to Jesus, I gave a testimony and instruction on the Spirit baptism and its purpose to make us more effective witnesses for Jesus. Our team moved around, praying for healing and the kids to receive the baptism. We had testimonies of knee problems and migraines healed as we watched the Spirit of God empower these young students.

With previous generations, I witnessed that people would walk

away and leave when someone began to about God's power. But due to the spiritual hunger of this present generation, I've seen that they they want to *experience* truth. *Power must be evident through preaching the Word in order to reach this emerging generation.* His promise for the Spirit is for all generations (Acts 2:38-39) and it is for you.

If you have not yet received the baptism of the Holy Spirit, set aside time to worship God and ask Jesus to fill you. Praise Him, knowing that when you ask, you will receive (Luke 11:13). When a language you don't know comes to your mind, start speaking it out loud, loud enough for you to hear and as you give Him thanks.

Then, pray in this gift daily and know it has empowered you to tell others about Him. Also, find several millennials and invest your time with them and share what the incredible Spirit of God has done in your life, pointing them to the Scripture but also taking time to pray with them to receive this great gift.

Mentor them to help them apply the Bible to their life and to walk in the power of God. The promise is to you, to your children and all generations. {eoa}

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10 Smart Ways to a Healthy Fast

Many people think about fasting for a variety of reasons. Perhaps you need to renew your body and soul. Maybe you're feeling sluggish or toxic and need to cleanse your body in short order. Or maybe you want to fast for spiritual reasons, such as a breakthrough in your personal life or for revival in this land.

Whatever your reasons for fasting, here are 10 tips to ensure you fast smart:

1. Prepare your mind. Before you begin, think about why you want to fast. What do you want to achieve? It's important to have the right mindset before you start or you may lose heart early on. Pray for discipline and a strong will to complete the fast.

2. Stock up. Shop for everything you'll need before the day you begin. Not having everything you need on your first day is a sure way to fail. If you're doing a juice fast, for example, look at the recipes you'll be using, and make sure your shopping list has all the ingredients.

3. Drink water. Drink at least eight 8-ounce glasses of purified water while you are fasting so you can flush away toxins and waste. This will also help you stay energized. Dehydration can cause you to feel tired and hungry.

4. Go easy. Gentle exercise, such as walking, is good, but don't overexert yourself. Your body is working hard to eliminate toxins, remove damaged cells and restore vitality. This important work is often not completed when we eat regular meals. That's because the body focuses its attention on digestion throughout the day. Fasting frees your body from this daily chore so it can work on cleansing, repairing and

healing. It's like taking a week's vacation to thoroughly clean your home.

While all this important work is going on inside, you want to give your body the rest it needs. Take more breaks. Avoid exhausting work. Go for walks. Get fresh air and sun. Go to bed early, as powerful healing hormones are released while you sleep. Relax before bed by taking a bath, reading a good book or listening to beautiful music.

5. Choose a plan. Many people think fasting means a strict water fast. Some people even try to follow the model of some biblical heroes—no food or water, which can be dangerous. But there is more than one type of fast. Choose the one that is best for you.

- **Water fast.** A strict water fast for more than two or three days is not recommended unless you can completely rest and are medically supervised.
- **Juice fast.** Freshly made juice is rich in antioxidants that bind toxins so they don't damage cells—and those antioxidants are critical, especially during a fast.
- **Daniel fast.** As described in Daniel 10:3, the prophet abstained for three weeks from delicacies, meat and wine, which would include all animal products and alcohol. This is a vegan diet, in other words, and includes abstaining from rich foods and desserts.
- **One meal a day.** Everyone can fast for one meal or from certain foods. You can deny yourself coffee, sweets, soda pop, fast food, snack foods and junk food. None of these things are good for your body anyway. And if you can't do a strict fast because of your age or health, choose instead to give up some of your favorite foods. You could also fast one meal a day and drink a veggie juice instead.

Unlike in biblical times, where the air, soil and water were virtually pure, we have thousands of different chemicals

pouring into our atmosphere every year. Most of our food is sprayed with pesticides and packaged with preservatives, additives, dyes and fillers. (Therefore, you ought to choose organic produce.) Our water is treated with chemicals, and our air is assaulted with industrial pollution.

Toxins are stored mainly in our fat cells. When we fast, those toxins are released in greater amounts. Without antioxidants to bind up free radicals, our cells can be damaged.

On the juice fast, you can drink vegetable juices, purified water, coconut water, veggie broth and herbal teas throughout the day. I emphasize vegetable juice because fruit juice has too much sugar, which can cause spikes and dips in blood sugar, leaving you tired. However, you can use a little fruit to flavor and sweeten veggie juice recipes.

All this will keep you healthy, energized and hydrated. To keep from boredom, try new juice and green smoothie recipes, such as those in my book *The Juice Lady's Big Book of Juices and Green Smoothies*.

6. Be wise. You may have a physical condition that would make water or juice fasting unwise or dangerous. Seek medical advice first. However, be aware that many doctors have little knowledge of fasting or training in nutrition. People who should not do a strict water or juice fast include women who are pregnant or nursing, people who are anorexic or bulimic, anyone who is emaciated or underweight, and those who are on dialysis.

Be aware of medications and their effects while you fast. For example, a vegetable juice fast can lower your blood pressure quickly, so you would need to cut back on medication, for which you should seek your physician's advice. People with diabetes or hypoglycemia can modify a vegetable juice fast and include green smoothies made with avocado for extra protein and fat. This would also be my recommendation for anyone who

is elderly or weak.

During your fast, if you become so hungry you could eat the plaster off your wall, you may have parasites or yeast overgrowth. It could be that freeloaders in your body are screaming for food. You may need to do a parasite cleanse or a yeast-control diet to get this infection under control before continuing any other kind of fast.

Please note: Children under the age of 15 should not do a strict water or juice fast.

7. Determine the length. You can fast from one day to an extended period of time, like Jesus did for 40 days. Most people can easily handle a three-day fast. If you work, start on Friday. Then you'll have the weekend to complete the fast at home.

8. Know the symptoms. As your body releases toxins, you might get some detox reactions, such as headaches, tiredness, foggy brain or bad breath. (Chew parsley for your breath.) This can be part of your body ridding itself of toxins that could cause disease, which is a good thing. Don't quit your fast when this happens. The symptoms should pass rather quickly.

9. Pray. Fasting and prayer are linked throughout the Bible. Whenever we fast, we are admonished to pray, which facilitates our spiritual growth and renewal.

10. Break smart. How you break a fast is as important as the fast itself. Break your fast the first day with only vegetable juices, green smoothies, raw fruits and vegetables, veggie soups, dehydrated vegan foods or steamed vegetables. Never break a fast with a heavy meal like a burger and fries or steak and potatoes, as you can harm your body and end up with stomach cramps and digestive issues.

Bonus: Know the Benefits

The ancient discipline of fasting offers health benefits no other therapy can provide. On the physical side, it rapidly rids the body of waste and toxins—like changing old water in an aquarium. It can eliminate edema and lower blood pressure. A study published by the *Journal of Alternative Complementary Medicine* in 2002 found that 90 percent of 174 patients with high blood pressure who incorporated fasting achieved normal blood pressure. Each of the participants who had been on antihypertensive medications were able to get off their drugs.

Fasting also helps rebalance your body's pH level. The typical American diet is mostly acid forming. A slightly acidic body contributes to weight gain, cancer and a host of other diseases. Fasting facilitates weight loss—water weight first, then fat. This ancient practice appears to reset the metabolism, much like a computer reboot.

A fast also gives your digestive tract a rest. This helps your digestive system heal, which can lead to significant health improvements. Allergy symptoms often improve with fasting. Autoimmune disorders may heal. Fasting improves insulin sensitivity by lowering blood sugar, which helps diabetes and metabolic syndrome.

In addition, fasting is part of our spiritual heritage. It was an expected discipline in both the Old and New Testament. The Orthodox Church still has four main fast periods during the calendar year.

However, fasting is one of the most neglected spiritual disciplines of the 21st century. It is rarely discussed in most non-liturgical churches or on Christian TV. Yet Scripture admonishes us to fast and pray.

According to Scripture, when God's people fast with the right motive, seeking Him with a broken, repentant and contrite spirit, God hears from heaven (2 Chron. 7:14). He promised He

will heal our lives, our churches, our communities and our nation.

Our land is in desperate need of healing. Repentance, fasting and prayer are the only hope for our nation. Fasting and prayer can bring revival and a change of direction in our country. It can also rekindle our love for Christ. Fasting is a powerful spiritual tool to make a difference in our lives.

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Do You Bear Witness to Kenneth Hagin's 1963 Prophecy About America?

Kenneth E. Hagin has gone home to be with the Lord—but his teaching ministry and the prophetic words he released when he walked the Earth are still blessing the masses.

Amid the doom and gloom prophets who leave no room for God's mercy in their judgmental utterances, I was blessed to come across this 1963 prophecy Hagin released about the future of America.

It may surprise you that he saw atheistic communism sweeping

across the nation long before the strong rise of the atheist agenda. It may surprise you to see he saw racial hatred rising in a way we're witnessing today.

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"I said, 'Oh, Lord, is there a remedy? Is there a remedy? What shall the answer be?' And He said, 'Evil men and seducers shall wax worse and worse, deceived and being deceived,'" Hagin shared. "And then I said, 'Oh, Lord, do we have nothing to look forward to in the future except the darkness, the blackness, war, destruction, and evil?'"

Then Hagin looked into the spirit realm and saw something encouraging. Listen for yourself.

Personally, I have no tolerance for prophetic ministries that spew nothing but judgment and leave absolutely no room for God's mercy when it's clear He's trying to turn a nation back to Himself. I believe it will be just as the Lord told me on April 21, 2007. I believe a Third Great Awakening is coming to this nation and indeed has already started.

Yes, I do believe God is disciplining America. Yes, I do believe that we're reaping what we've sown. Yes, I do believe that things are going to get worse before they get better. But I absolutely, positively refuse to buy into the notion that God is not going to pour out His Spirit once again. I reject the idea that widespread transforming revival that sees a great harvest of souls is not possible in America.