

Why Alzheimer's Patients Stop Recognizing Loved Ones

One of the most heartbreaking things about Alzheimer's disease is it not only steals people's memories but also their ability to recognize the faces of their loved ones, and now researchers say they now know why this occurs.

In addition to causing memory problems, Alzheimer's disease also robs people of their perception to discern facial features, a Canadian research team says.

Face perception plays a fundamental role in human communication, which is why humans have evolved into experts at quickly detecting and identifying faces.

This faculty is thought to depend on the ability to perceive a face as a whole. Also known as "holistic perception," this ability is in contrast to the local and detailed analysis required to perceive individual facial features, such as the eyes, nose or mouth.

For the study, the Montreal team recruited people with Alzheimer's along with healthy seniors to study their ability to perceive faces and cars in photos that were either upright or upside down.

The results for people with Alzheimer's were similar to those in the control group in terms of answer accuracy and the time to process the upside-down faces and cars. However, with the upright faces, people with Alzheimer's were much slower and made more mistakes than the healthy individuals.

Subjects with Alzheimer's disease also demonstrated normal recognition of the upright cars, a task that in theory does not require holistic processing. This suggests that Alzheimer's leads to visual perception problems specifically

with faces, the researchers say. They were also surprised to find that that this impairment was observed in the very early stages of the disease, they added.

The researchers hope their finding that impaired facial recognition might stem from a holistic perception problem—and not just a general memory problem—opens the door to different strategies, such as using recognition of particular facial traits or voice recognition, to help patients recognize their loved ones for longer, they say of their study, which appears in the *Journal of Alzheimer's Research*.

For the original article, visit [newsmaxhealth.com](https://www.newsmaxhealth.com).

Broken Heart Syndrome: A Real Killer

We've all heard tragic stories of elderly, long married couples who, when one spouse dies, the other "heartbroken" spouse dies soon after. But it's not just a sentimental idea—in fact, it is a real cardiovascular condition, new research shows.

A recent study published in the *British Medical Journal (BMJ)* revealed that the death of a partner is linked to a heightened risk of developing an irregular heartbeat (also known as atrial fibrillation) for up to a year afterward. This increases the risk of heart attack and heart failure.

Statistics showed that the bereaved partner had a 41 percent higher incidence of atrial fibrillation than those who hadn't experienced a loss and was greater when the death was unexpected.

But can you actually die from a broken heart?

“Definitely. There is a real disease called broken heart syndrome,” notes North Carolina-based cardiologist Dr. Kevin Campbell.

“There is a heart-brain connection during acute stress such as death of a loved one that plays a role in this unusual but very tangible health threat.”

About 6,230 people in the U.S. were hospitalized with broken heart syndrome in 2012, according to a recent study. Patients usually heal within a few days but complications can occur as well as fatalities, Campbell tells *Newsmax Health*.

The syndrome was first discovered by Japanese researchers 25 years ago. They named the condition Takotsubo’s cardiomyopathy. Takotsubo is a Japanese term which means “octopus trap,” a reference to the ballooning shape of the heart during an attack that resembles the trap used by fishermen.

“You can also refer to this as stress-induced cardiomyopathy,” Campbell explains. “This disease actually mimics the symptoms of a real heart attack. Researchers have long established a connection between mental health, anxiety, depression, emotional stress and heart disease.”

Campbell notes that when we are under extreme stress, our bodies naturally release stress hormones such as adrenaline, norepinephrine and cortisol into the blood stream. These hormones were important for the survival of early man, initiating the “fight or flight” response by stimulating the nervous system. In response to stress hormones, our heart rate increases, our breathing increases, and blood is sent to the skeletal muscles in preparation for battle.

But in modern times, that mechanism places enormous stress on the heart that can be life threatening.

"When the body releases large amounts of stress hormones at times of extreme stress in our lives, patients with Takotsubo's experience crushing chest pain, shortness of breath and can experience changes in their heart rhythm, blood pressure and blood chemistry that are identical to those seen in the setting of a heart attack," says Campbell. "However those patients do not have the traditional blockages in the coronary arteries that are known to cause heart attacks."

But the heart does begin to pump poorly for a period of time. More women than men are affected. In fact, says Campbell, 90 percent of reported cases have been female and vast majority of these women have been post-menopausal.

Dr. Tracy Stevens, a cardiologist specializing in women's heart health and spokesperson for the American Heart Association, tells *Newsmax Health* that while we don't know the exact reason why women fall victim to the syndrome more often than men, it may have a hormonal component.

"Women have estrogen in their heart and blood vessels and may process adrenalin differently than men," she says. "Women handle stress differently too. When men sit down and relax, their heart rate lowers and they truly relax. When women sit down, their minds are still going on that hamster wheel and their pulse doesn't lower in the same way as men."

While victims of broken heart syndrome usually recover quickly, there can be complications.

"During the acute phase of the syndrome, the heart can be severely weakened and patients may suffer congestive heart failure requiring emergency surgery and hospitalization," says Campbell.

Dr. Steven Masley, a noted physician, author and fellow with the American Heart Association, tells *Newsmax Health* that broken heart syndrome is typically brought on by stressful situations, there may be other causes.

“Some medications can cause symptoms as well, such as the injection with an Epi pen or taking an excessive dosage of thyroid medication,” says the Florida-based expert and president of Masley Optimum Health Center.

Campbell adds that both good and bad extreme life stressors can trigger an episode. He says that the diagnosis is made by performing an angiogram along with taking a heart ultrasound called an echocardiogram.

“In cases of broken heart syndrome, the heart arteries appear normal but the pumping chamber is often dilated and appears to be in the shape of a fishing pot used for catching octopus in Japan called the Takotsubo—hence the name.”

The treatment usually involves medicine such as beta-blockers and ACE inhibitors that are given initially to help the heart pump more efficiently and promote remodeling of the heart muscle.

“Other medicine, such as diuretics, are given to help remove the excess fluid from the lungs and other parts of the body that collect due to the weakness of the heart,” says Campbell. “In extreme cases where the patient develops cardiogenic shock, where the heart can’t pump enough blood to the body, other interventions may necessary.

“For most, however, complete recovery is expected in days to weeks as opposed to a true heart attack, where recovery can take much longer.”

New research based on a recent study conducted at New York University Langone Medical Center, is looking into preventative measures using yoga, breathing and other relaxation techniques to calm down the body’s parasympathetic nervous system to avoid an episode of broken heart syndrome.

“In theory, that makes a lot of sense,” says Stevens. “If we learn to deal with stress without raising our heart rates and

blood pressure, we can possibly avoid broken heart syndrome.”

For the original article, visit newsmaxhealth.com.

How You Can Find the Faith of Joshua

Let's eavesdrop on a truth that Paul shares with the Roman church in the middle of the very first century:

“For whatever was previously written was written for our instruction, so that through perseverance and encouragement of the Scriptures we might have hope” (Rom. 15:4, MEV).

Do you know what Paul is talking about in this verse? He is talking about the Old Testament! He is remembering the life stories of the heroes and heroines of faith who came before Jesus! He is referring to people like Moses, Abraham, Ruth, Esther and Joshua!

The lives of the ancients were never meant to be glossed over nor are they to be ignored; however, the Holy Spirit intends for every believer to learn a lesson or two from the exciting lives of all of those who walked before us.

Take Joshua for instance ...

Joshua had the awesome and overwhelming responsibility of leading over 2 million people into the promised land. Moses had just died and Joshua was appointed as the new leader of the people of God. What a grumbling, whining, difficult batch of parishioners Joshua inherited!

You think that your job is difficult? You don't like the

people that you work with? Take heart ... you could have been given Joshua's lot in life!

In order to arrive at the promised land, Joshua had to cross the Jordan River in the spring of the year when its water was overflowing the banks of the river. Flood season was the very worst time in the natural for anyone to consider fording this awesome body of water. The Jordan was swollen from spring rains and posed a dangerous and daunting task for Joshua as the new and as yet untried leader of this impatient and cantankerous crowd.

I wonder if Joshua pictured babies drowning ... or old people losing their footing ... or watching all of their supplies become hopelessly lost in the current.

I wonder.

“Joshua said to the people, *“Consecrate yourselves, for tomorrow the Lord will perform wondrous deeds among you.”* (Josh. 3:5, MEV).

I guess that I was wrong ... the fatal picture that I accused Joshua of thinking about was apparently not true at all. Joshua pictured a miracle! Even before it happened, Joshua was talking about the wonderful and unexplainable ways of God!

Father ... let the faith of Joshua fall upon me!

Joshua didn't have historic perspective like we do. We know what happens next but Joshua had no inside information as to what events were around the next and intimidating corner.

However ... Joshua did know the character and the nature of His God! Joshua had seen a thing or two in his middle-aged life.

He had seen the Red Sea part and had watched the Egyptian army be completely obliterated. He had seen quail fall down from the heavens and he had observed manna miraculously appear like dew on the morning grass. He had seen the radiance of Moses'

face when he came down from the mountain.

Joshua didn't know *what* would happen next ... but he certainly knew *Who* would happen next!

As soon as the soles of the feet of the priests hit the water of the Jordan River, the river began to push back and make a way where there seemed to be no way.

The instant that those who carried the ark of the covenant into the river bed, the waters which were flowing rose up in one great heap and allowed the entire nation of Israel to cross on dry ground.

A miracle of epic proportions!

Do you want to know what I have learned from this story?

- A *leader* must lead the way!
- A *leader* must declare that a miracle is on its way!
- A *leader* must remind the people under his or her watch that we serve a God Who takes care of His children.
- A *leader* must believe when no one else does!
- A *leader* might possess all of the specific answers that are needful in a certain situation ... but a *leader* serves the God Who does indeed possess all of the answers and all of the necessary power!
- A *leader* leads in faith ... in action ... and in declaration.
- A *leader* leads. {eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical biblical messages mixed with her own special brand of hope and humor. She has written five books, including *No More Ordinary, Holy Estrogen!*, *The Rooms of a Woman's Heart* and *Defiant Joy!* Her most recent book, *Refined: Finding Joy in the Midst of the Fire*, was

released last August. Her teaching DVD *The Rooms of a Woman's Heart* won the Telly Award, a prestigious industry award for excellence in religious programming. You can also listen to Carol's "[A Jolt of Joy](#)" program daily on the Charisma Podcast Network. Connect with Carol at justjoyministries.com.

How to Immediately Squash the Spirit of Condemnation

The other day, someone close to me asked me a very disturbing and heartbreaking question about her marriage. "Because of how we got together, is our marriage ultimately doomed?"

I must admit, I was taken aback. It's no secret to anyone that the husband and wife first came together through an adulterous relationship. However, that was years ago, and I knew the couple—both of whom love the Lord with all of their hearts—had repented and asked for and received forgiveness.

Therefore, according to Hebrews 8:12 (MEV), which says, "*For I will be merciful toward their unrighteousness, and their sins and their lawless deeds I will remember no more,*" the two are forgiven and should rejoice because of the fixedness of this pardon.

Matthew Henry's Commentary on Hebrews 8:12 says, "*It is so final and so fixed that God will remember their sins no more; he will not recall his pardon; he will not only forgive their sins but forget them, treat them as if he had forgotten them.*"

From this, we know that God has forgotten the sin. It stands to reason that we, the beneficiaries of God's grace and mercy, should forget them as well.

Deep in her heart, I know this person knows that she and her husband are forgiven. And the husband knows this too, but he at times hearkens back to past sins. Both are undoubtedly allowing Satan to wreak havoc with their minds every time they have an argument. They begin believing the lies of the enemy, who wants to convince them that they once committed a sin that is “unpardonable” and that they are still committing an unpardonable sin because they remarried.

There is only one “unpardonable” sin in the eyes of God, as it says in Mark 3:28-29, *“Truly I say to you, all sins will be forgiven the sons of men, and whatever blasphemies they speak. But he who blasphemes against the Holy Spirit never has forgiveness, but is in danger of eternal condemnation”* (MEV).

It is a condemnation that, because of the grace and mercy of the Cross, is very specialized. I believe you would actually have to be very intentional about committing that sin. But that’s for another column.

Otherwise, *“There is therefore now no condemnation for those who are in Christ Jesus, who walk not according to the flesh, but according to the Spirit”* (Rom. 8:1, MEV).

Please do not think I am advocating divorce or adultery. It breaks my heart to see anyone who goes through the pain of divorce or who is sucked into the perilous and treacherous world of adultery. Both acts destroy families and both destroy lives. Everyone should pray daily against these two destructive spirits. (Pray Psalm 91.)

But if this has happened to you, or you have facilitated either, you should repent, ask for forgiveness and work hard to restore what has been shattered. If you have truly repented, God will honor your heart for restoration.

“Have mercy on me, O God, according to your lovingkindness; according to the abundance of Your compassion, blot out my transgressions. Wash me thoroughly from my iniquity, and

cleanse me from my sin" (Ps. 51:1-2, MEV).

With all that King David, and King Solomon, for that matter, were forgiven for, I refuse to believe that someone's marriage is condemned to failure because of past sins. When the above-mentioned couple asked for forgiveness and repented, they were washed clean:

- *"Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be white as snow; they are red like crimson, they shall become wool" (Is. 1:18).*
- *"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).*
- *"Repent therefore, and turn again, that your sins may be blotted out" (Acts 3:19)*
- *"He has delivered us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins" (Col. 1:13-14).*

I know some women who, years after having an abortion, are still beating themselves up over their past transgression. They can't forgive themselves for taking a human life.

Ladies, it's a lie from the devil. If you've repented and asked for forgiveness, you've been given grace through the Cross. It's done; it's over with. Allow Jesus' selfless act to wipe away your guilt.

As author Christine Hoover puts it, "There are two words to stop self-condemnation—'but God.'"

Son of Sam killer David Berkowitz, who murdered six people and shot 13 in the mid-1970s, accepted God's grace and forgiveness, as I wrote about [here](#). Although society condemned him, and he will be in prison for the rest of his life, he is not condemned by Christ.

What about you? When you get discouraged and things look bleak, do you begin to believe that your relationship with Christ or your horizontal relationships on Earth are doomed because of past sin?

You can squash the spirit of condemnation immediately by speaking these scriptures:

- *“God made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him” (2 Cor. 5:21, MEV).*
- *“But because of Him you are in Christ Jesus, whom God made unto us wisdom, righteousness, sanctification, and redemption” (1 Cor. 1:30, MEV).*
- *“This righteousness of God comes through faith in Jesus Christ to all and upon all who believe, for there is no distinction” (Rom. 3:22, MEV).*

Don't let the devil lie to you. Remember Romans 8:1. Remember, you are not condemned.

And as I always like to say, “there is that.” {eoa}

Step Out of the Boat is a ministry created by Charisma Media Online Managing Editor Shawn A. Akers and dedicated to helping Christ followers strengthen their faith to get beyond their comfort zone and come to a more intimate relationship with Jesus. With its articles, podcasts and other forms of media, Step Out of the Boat encourages Christ followers to daily reach to a higher level in their calling. Please visit shawnakersministries.com. You can contact him at shawn.akers@charismamedia.com.

When God Speaks, Do You Jump?

Ever since our ministry, Christ for all Nations, was incorporated in the United States in 1987, we have never owned any property here because we always felt it was our mandate to fast-track all available funds to the mission field to invest in souls rather than in bricks and mortar. We were renting offices in Orlando and were very content with what the Lord had provided.

But several months ago on a Saturday morning, I received a call from our founder, Evangelist Reinhard Bonnke. He said, "The Lord spoke to me this morning and said that He has a 'Harvest Home' for us in Orlando."

Evangelist Bonnke believed God wanted to give us a facility of our own. The problem was, we didn't have a penny in any sort of building fund and had never even considered such a project. But Reverend Bonnke was sure the Lord had spoken, so he said, "I am coming to Orlando, and I want to meet with you right now." He drove two hours to meet with several of us about the "Harvest Home" that Saturday morning. Obviously nothing could have been done at that very moment. Even if God had spoken, much groundwork, research, and due diligence had to be done.

When I asked Evangelist Bonnke why he was in such a hurry to meet, he said, "I feel that the eyes of God are on me, and I want Him to see that when He speaks, I jump." Over the next few weeks we were witnesses to a miracle, as literally every penny for the purchase of a brand-new, state-of-the-art facility was provided supernaturally! I saw a direct correlation between Evangelist Bonnke's wholehearted to God's word and His dramatic supply of our miracle.

If God has revealed His will to you but you are not sure exactly what to do—do *something*! Let God see that you take His

word seriously and that when He speaks, you respond. As I have already mentioned, even God can't steer a parked car! You need to give Him something to work with. There are so many people who seek God's will, find it, and then never see it manifest in their lives because they were never willing to take any kind of action.

Some people are waiting for God to do everything for them. Some people have an attitude that says, "If this vision is from God, then it will just happen on its own." But my friend, it doesn't work that way! In Matthew 6:26 Jesus said, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them" (NIV).

Yes, it's true, God provides for the birds of the air, but He doesn't build their nests for them or gather their food for them. They must spread their wings, and they must do their part. If you are sitting at home waiting for God to spoon-feed His will to you, you are going to be waiting for a very long time. You'd better spread your wings and get moving in faith and obedience.

Show God that when He speaks, you jump! {eoa}

This Bible study has been taken from chapter 17 of Daniel Kolenda's book, Live Before You Die.

Daniel Kolenda is a missionary evangelist who has led more than 10 million people to Christ face to face through massive, open-air evangelistic campaigns in some of the most dangerous, difficult and remote locations on earth. He is president and CEO of Christ for All Nations and hosts an internationally syndicated television program.

3 Ideas to Overcome Marital Conflict

This will probably sound crazy. You should have goals for conflict with your wife.

I'm not saying you need to seek out conflict. I'm not saying you have to enjoy it. (Quite frankly, if you did enjoy conflict, there would probably be something else wrong.) I am saying when you find yourself in the middle of one, you should have some goals in mind.

Psychologists, athletes and coaches, teachers and managers, and even the Marines have a shared appreciation for the [power of goals](#). Know where you're headed. Know what you're trying to accomplish. It can change everything.

So how about during a fight with your wife? Many times, it feels like the highest possible goal is simply to get out of conflict as quickly as possible. That makes sense. You don't want it to last forever, and sometimes, it's exactly the right approach to try to cool things down.

But consider a few different goals *for and during conflict* that might help your marriage:

1. Move toward your wife. Don't keep score. Conflict inherently involves something that's between us, causing separation. A difference of opinion, a hurt, competing agendas. Make it your goal to move toward your wife in the face of obstacles. One way of arguing (not a healthy one) is to tally who is right and who is wrong, score the 12 rounds, and see who *won* the fight.

A better way is to carry an attitude of *I'm not letting anything get between us. Not this moment of frustration. Not fatigue. Not the kids. Not sex. Not a difference of opinion*

about where we vacation this year. No issue is keeping me from you. Hear the difference? In conflict, if your goal is to get closer to your wife, to move toward her despite any obstacle, the direction of your intent is already bent toward resolution rather than simply making yourself heard ... or scoring better points.

2. Do and say what will benefit her. Don't try to get her to change. So often, we expose things in our spouses in order to benefit ourselves. "You're making my life miserable when you act like this!" We fight, trying to get the other person to see how off base and hurtful they are to us. This isn't always wrong, but there's a better goal.

During conflict, say things and behave in a way that is intended to benefit your wife more than yourself. What will be advantageous for her to hear? Sometimes, that's confrontational truth. But it comes out so differently if you're offering it as a life-giving assistance instead of self-defensive assault.

And in conflict, what does your wife need you to do or be? Offer that instead of doing the things that merely make you feel better in the moment. You might find yourself actually staying involved in the conflict longer in order to make sure your wife knows she's not alone. Or you might find that the conversation goes to a deeper and better place as you address the underlying issues that fueled the conflict in the first place.

3. Repair a breach. Don't aggravate old wounds. Doctors have long noted that when a broken bone heals, calcium deposits repair the bone more strongly at the very site of the fracture. If you think of conflict as a fracture in the relationship, make it your goal to heal the break and repair the breach.

Often times we can make heated conflict an excuse to dump more

frustrations that we've been secreting around. Instead of thinking, *How can I add to the case I'm making?* Change your goal to one of healing the breach. That doesn't necessarily mean capitulation. Wounds often require painful scrubbing and cleaning to heal. [But work toward healing, not intentionally gouging old injuries.](#)

It's not as crazy as it sounds, after all. Keeping goals like these in mind when you find yourself in a conflict with your wife can help you keep steering toward health even in the middle of difficult times.

For the original article, visit allprodad.com.

Jeff Jansen Sees Huge Gold Angel at Azusa Now

History was made in Los Angeles on Saturday as Lou Engle, Mike Bickle, Cindy Jacobs, Jack Hayford and other generals of the faith gathered at the Los Angeles Memorial Coliseum for Azusa Now.

Jeff Jansen, founder of Global Fire Ministries, told Charisma News he believes it was one of the most significant events of the past few decades.

"Amidst the worship and intercession I believe something highly significant has shifted in the spirit and that we have stepped into a new timeline of revival in the Lord that will result in revival fires burning in not only America but the nations of the earth," Jansen says.

"Most already know that I am now co-hosting the Fire and Glory

Outpouring in San Diego with good friends Jerame and Miranda Nelson. An outpouring of Glory and Power has been burning there for 75 nights now and people are coming from around the world to get a fresh touch from heaven. Wild miracles marked by tangible power and Presence of the Lord are poured out every night and all are excited in this fresh outpouring.”

Jansen reminds that Azusa street revival of 1906 changed the course of world history as many new denominations were birthed through the raw supernatural power and Glory of God. So now 110 years later another fresh move of God is now being birthed and fresh revival fires will burn in many cities in the nations of the earth.

“As we were driving on Interstate 5 to the Azusa Now event on April 9, I saw a large gold angel standing over LA,” Jansen says. “The Lord said, ‘Just as the 1849 gold rush drew people to California ... So 4/9 2016 will mark a new gold rush of divine proportion that will once again draw the nations into revival.’” {eoa}

When Food Turns Into Love

When I was child, I associated sweets with comfort.

Back then I thought subconsciously, “Food is love.”

My mother was a single mom. She worked a lot to take care of my younger sister and me.

Before she would leave us with the sitter, she always gave me money so that I could go to our neighborhood convenience store to get candy.

I felt deep loneliness when my mother left to go to work. But

did not know how to deal with that loneliness.

The only comfort I had as a child was a chocolate bar. Eating the candy made me feel better. Unfortunately, I took that same coping pattern into adulthood.

Whenever I felt emotionally stressed or upset, I craved candy and other sweets. I never realized that I was coping emotionally the same way I did when I was five. I still viewed candy as my best friend.

Can you relate to food being associated with love?

Many people aren't aware when food is meeting an emotional need in their lives. That is why they often resist changing their eating habits.

They fear leaving an empty space where that food used occupy.

Take my example. When I was 240 pounds, I viewed Pepperidge Farm coconut cake as a close friend.

When I went grocery shopping, I brought my friend home. I would get a piece of the cake, sometimes several pieces. Then my friend and I would settle down on the couch to watch television together.

The cake would taste good. It gave me a feeling of fullness, intimacy. But afterwards when I was stuffed, I'd feel [sick, ashamed, and guilty](#).

In a way, my relationship with food was like being in an abusive relationship—or as I'd imagine it would be. I'd try to get out of the relationship by going on a diet. But I did not stay away for long.

After all, it meant losing that comforting relationship. [Maybe I wasn't happy, but at least that relationship was familiar](#).

Grief and fear seized me whenever I thought about life without

my friend. So I always went back.

But then, my friend turned on me. A chest pain hit me on December 11, 2003. I thought I was going to die.

Then God said, "It is not supposed to be this way." I had a choice to make.

Was I willing to replace that old friend with a new one, one who would truly love and care for me?

You see, in all that time I failed to realize something.

Sweets could not love me back!

[But Jesus could.](#)

Through His wisdom and much prayer, He showed me how to [change my beliefs.](#)

He gave me the strength to change the way I shopped too. At first, I could not even go down the same aisle where the cake was!

If I did, I would find myself looking over at the cake with longing, [tempting myself to take it back home with me.](#)

It felt weird and wrong to change my habits at first. That's the way it is when [your brain is adjusting to a new pattern.](#)

However, God was with me every step of the way. I knew that if I could make it through the adjustment period, I was on my way to a healthier life.

I wanted to live with purpose and joy. My old eating habits threatened that vision, so they had to go!

What about you? Think about the foods that you love to eat—the ones you [can't imagine living without.](#) It's typically not just "sweets" or "chips." It is a specific type or brand that you run to consistently.

What emotional roles do those items fulfill in your life?

Those emotional roles represent real needs. Are you ready to deal with the real needs in your life rather than using a particular food as a bandage over it?

When the real needs in your life are met, you live in a more stable emotional and mental position.

Take comfort in Psalm 91:1-2. God has power to meet your every need:

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in Him I will trust.’”

Be blessed in health, healing, and wholeness,

P.S. I hope you see now that a diet cannot help you meet emotional needs. But the [Take Back Your Temple program](#) points you to the One who can.

Jeremiah 29:11 says,

“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.”

If you are excited about your future and know that your health habits are supplying you with energy to maximize your present and future, then you don't need the [Take Back Your Temple program](#). You are already on a good road.

However, if you are sensing that your current habits are standing in the way of your better future, then that is where I can help. I can help you uncover those roadblocks that are standing in the way of reaching your best weight.

For the original article, visit takebackyourtemple.com.

James Goll's Prophesied West Coast Rumble Hits Seattle

I gave this word concerning the West Coast Rumble for over a three-year period of time in multiple locations. I wrote it up on my personal ministry e-blasts and it was then partially picked up both by *Charisma* and the *Elijah List*.

I always stated that I saw it beginning in San Diego, and then going to seaports up and down the entire West Coast. It started with one dream around four years ago. Later I had other dreams and expanded the word some, so as to include Tijuana, Mexico, because that was what I saw. When it goes there, it will go more into a Crusade-type mode.

After it would begin to land in San Diego, I saw it going up and down the entire West Coast and up as far (not limited to) Vancouver, British Columbia, Canada. I heard, *"Do not call the West Coast the Left Coast, but there will be such a move of My Spirit that it will be the Righteous Coast."*

I repeatedly saw that **Jerame Nelson** would be given a spearheading assignment concerning this movement of signs and wonders where healing and miracles will eventually become easy. I saw many leaders being anointed for such a time as this.

I saw **Che Ahn** of HIM releasing a "Father's Blessing" to this activity, and this has happened at the San Diego meetings. Che is one of the "Fathers" to give a blessing to this historic period of time. This deals with the generations coming together. The Lord gave me a dream in January 2016 to: "Keep your eyes on your sons and your daughters." Yes, it is happening! It is generational, and it is cross-cultural, and

it includes both men and women.

Yes, it is happening. I saw other people and leaders being anointed to lead in different locations. Eventually, there will be so many different pockets and centers opening up that it will be impossible to track it all. It will not be like the past when there was primarily one location where the nation or the world came to—Toronto, Kansas City, Pensacola, Charlotte, Redding, etc. There would be so many hubs opening up and so many new things happening, that this movement will not be one ministry centered, not one city or region centered, not one apostolic center highlighted, or one leader centered. But it all begins with someone and somewhere.

I later pondered on the next location where the possibility of the finger of God would be coming down. The Holy Spirit instructed me that this would be somewhat more like the charismatic movement. On the West Coast, it somewhat had its birthing in Southern California and then went to Seattle, Washington with **Dennis and Rita Bennett**.

I felt the Lord was going to honor the legacy of the charismatic movement and one of the cities where there could be a sustained presence was Seattle. And thus it has begun at the Seattle Revival Center and possibly other locations with different emphasis and manifestations.

AzusaNow, Past Moves and the Sons and Daughters!

TheCall [AzusaNow](#) led by **Lou Engle** on April 9, is a big part of this entire word also. I gave separate words both privately and publicly to Lou Engle over a two-to three-year period that he was being given the stewardship of his second greatest assignment in his life—TheCall Azusa. These are separate but interlocking words.

TheCall Azusa will act as a “rocket booster” to the entire movement. It brings together the streams of the prophetic and prayer with the power (supernatural culture) with evangelism.

The merging of these two great streams will create combustion or a convergence where this rocket shoots forth apostolic and prophetic evangelists, not just to the West Coast but globally. It is another booster to the movement that shoots forth signs and wonders evangelists globally.

So I bless what is happening with “sons and daughters” of the faith in multiple locations. I bless Jerame and Miranda Nelson and Joshua and Janet Mills and the leaders in San Diego. I bless the leaders in Seattle and Charlie Shamp and Munday Martin and their wives and so many others. We are grateful for the impact of the Revival Alliance and the amazing sustained supernatural culture with the generational inheritance with the Johnsons at Bethel Church in Redding, California. Oh my ... what a legacy!

We are grateful for the Jesus People Movement and the remnants that remain. We are thankful for the evangelical sphere and the birthing of Billy Graham’s statesman anointing so many years ago. We are thankful for Frank Bartleman and William J. Seymour and the Pentecostal global fire.

We are grateful to the Lord for the Latter Rain Movement and the heritage of Violet Kiteley and the manifested presence of God at Shiloh. Oh how grateful we are for the mighty Signs and Wonders of the 1920s and beyond! Such with Aimee Semple McPherson and the gifting, power, grace, and the artistic culture of Angelus Temple and yes, so many other places! The lasting impact of the Faith Movement. It goes on and on! Yes, it is HISTORY! It is HIS STORY!

Thank the Lord for the pioneers such as Jack Hayford, Dick Mills, Dick Iverson and so many others! Oh thank You, God, for raising up Chuck Smith and Lonnie Frisbee, and then the impact of the global Third Wave Movement with John Wimber, Peter Wagner and hundreds of others!

I could keep going on and on! All the intercessors! All the

pastors! All the older saints who have held their place before the Lord! All the revivalists. All those who have gone on to glory peering in with great interest for such a time as this. Oh, but this is about Jesus! Not a center! Not a place! Not a ministry! Not one church! This is about “the Lamb of God” receiving the rewards of His suffering.

Let’s Rumble Together!

I saw that there would be a time when it would seem that the Lord stepped down out of heaven, and did a new dance step. It would be called the “rumba.” And everywhere the Lord’s foot came down, the Earth would shake, and it would create a church quake. The Lord and His people would rumble together.

So keep on coming, Holy Spirit! We want more, Lord! We want You to be magnified! We therefore, pray to the Lord of the Harvest, that He thrust forth laborers into the field!

Dr. James W. Goll is the president of Encounters Network, the International Director of Prayer Storm, and the Founder of God Encounters Training—an eSchool of the Heart. He is a member of the Harvest International Ministries apostolic team and an instructor in the Wagner Leadership Institute. With great joy, James has shared Jesus in more than 50 nations, teaching and imparting the power of intercession, prophetic ministry, and life in the Spirit. James is the prolific author of numerous books, including The Seer, The Lost Art of Intercession, The Coming Israel Awakening, Deliverance From Darkness, A Radical Faith and many others. He has also produced multiple study guides and hundreds of audio and video messages.

2 Steps to Improve Your Speed in Listening to God

One Sunday evening, after I had spoken at a church in the morning and then led their prayer meeting in the evening, a gentleman came to me to ask a question. He had seen me respond quickly to God's voice and wanted to know how he could do it as well.

The answer I gave him could help you too, so I thought I would pass it along.

I basically told him he needed to do two things. First, he needed to walk outside his comfort zone more and make some mistakes. Second, because of the first one, he was going to have to walk in a high level of humility.

Let me unpack it a little more. I will add an important bonus at the bottom as well.

1. Make more mistakes. First, my challenge to him was to try and step out of what was easy in listening to God. I enjoyed reading Joshua Foer's *New York Times* best-seller, *Moonwalking with Einstein*. It is about memory and the world memory championships and is not a spiritual book (I have embraced the nerd within). But he shared a principle that fits in this situation.

He describes a place in learning that he called the "OK Plateau." Basically he says *you can get to a place in learning a skill where you feel good enough*. You are not making a lot of mistakes. But at that point the only way to get better was to make more mistakes. By going faster, and therefore making more mistakes, you are actually able to learn more.

The same is true of listening to God. It is one thing to hear God when you have spent hours in His presence. It is another

thing to listen as you are walking in the middle of a crowded grocery store. But in the stretching is new learning.

2. Walk in humility. This leads us to the important second part. We must walk in humility. When I am walking outside of my comfort zone in listening to God I make more mistakes. This means I can't be arrogant. It requires us to say more things like, "I think the Lord is saying this ... I could be wrong ..." *I may even need to clean up some messes along the way.*

Without walking in humility in listening you can produce a lot of damage. Coming at things from a "Thus sayeth the Lord" perspective gives people no out if they are hearing something different or if you make a mistake. We need a lot a grace and mercy for each other as we walk out the adventure of listening to God. That doesn't mean we shouldn't stretch ourselves (we should), but we just need to walk in humility as we do it.

A bonus thought is the encouragement to increase your reading of God's Word and walking it out. It is a fun place to grow. I recently read the excellent book by Rod Loy called [*Immediate Obedience*](#). Loy challenges us to listen to God's Word and immediately obey. The book is full of stories of where that adventure took Him. I dare you to read the Word and obey what God tells you to do. Who knows where it will take us?

But if we are willing to make some mistakes and we are willing to walk with humility, we can experience more of God. As we listen to the whisper of heaven, we enter new zones of spiritual adventure.

I want to go there even more. Do you?

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For the original article, visit christconnection.cc.