

# Spiritual Warfare in Weight Loss: Stolen Peace

I am going to say something that may be controversial: I don't believe that weight problems are just weight problems; I believe they are a small part of a life management problem.

Some of your daily health choices are not working for you. Why do I say that?

A big clue is when you don't have peace about your health choices. That is where the enemy loves to attack. He wants to steal your peace.

But God desires that you live in His peace. Do you have peace about your health choices?

That is why I am sending you these spiritual warfare articles. I believe that you can overcome the mental and physical obstacles to weight loss once you attack the issue from its source: the spiritual.

This third article covers the third piece of spiritual armor we are called to put on daily. *Click here for part 1 and part 2.*

*"And having shod your feet with the preparation of the gospel of peace" (Eph. 6:15).*

Feet are used for walking, of course. We are called to walk worthy of God's call upon our lives (Col. 1:10). But we aren't called to walk barefoot! We are called to put on equipment that is suitable for walking first: shoes.

A shoe is worn for protection and comfort. However, you can be hurt or ineffective if the shoes you are wearing don't match your activity.

For example, you put on running shoes when you run; you wear sandals in the summer; you wear boots during the winter and to go hiking, and so forth. Can you imagine trying to run a marathon wearing sandals or flip-flops?

To carry the gospel, you also need specialty shoes: Shoes of peace.

You need shoes of peace in your weight-loss journey too. My belief is based upon the story of David and Solomon and how the ancient temple was built.

Even though building the temple was King David's idea, God would not let him build it because he was a man of war with others (1 Kin. 6-7).

However, God said that would allow King David's son, Solomon, to build it. God said that Solomon could build it because he would have peace from his enemies.

I believe that same principle is true today. To build healthy bodies, we must learn to pursue peace. From that place of peace, we can think more clearly and make wiser decisions that support our health.

There are three areas of peace that I recommend you pay attention to:

Your peace with God, your peace with yourself, and your peace with other people. Let's look at your peace with God first:

**1. Believe that you have peace with God.** Romans 5:1-2 makes this point clear: "Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we also have access by faith into this grace in which we stand, and so we rejoice in hope of the glory of God."

Jesus makes all the difference! The gospel's Good News is that God's wrath against mankind's sin was poured out on Jesus

Christ. His sinless life and sacrifice on the cross paid the penalty for our sin for all time.

Therefore, God is no longer angry with those who declare Jesus as their Lord and Savior. Jesus' blood covers us. That is cause for celebration!

But many Christians believe that God is still angry with them. They think the Lord is disappointed with them when they make mistakes. But nothing could be further from the truth.

Romans 8:1 says, *"There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit."*

God is about restoration, not condemnation. He wants to lead you and guide you in the way you should go. As you submit to the Holy Spirit, who lives in you, you learn how to walk in love, being imitators of God as a dear child. You seek after and receive His wisdom as to how to take care of your body and all of your life circumstances.

You trust God to direct your path as He promises in Proverbs 3:5-6: *"Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths"* (Prov. 3:5-6).

**2. Pursue peace with yourself.** Jesus makes us a promise in John 14:27: *"Peace I leave with you. My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."*

You cannot be peaceful when you allow a troubled, fearful heart to dwell within. The phrase "let not" means you have a choice in this matter. The Bible gives clear prescriptions for troubled hearts:

- Matthew 11:28: *"Come to Me, all you who labor and are heavy burdened, and I will give you rest."*

- 1 Peter 5:7: *“Cast all your care upon Him, for He cares for you.”*

Some people won't take these prescriptions because they don't want to go to God. They stay away because of lack of trust or believing that God is angry or disappointed in them (see point No. 1).

Pride is also a common reason. You see, many people take pride in how others view them. In some cases, pride makes them feel important by holding onto burdens so others give them admiration. After all, they are so strong in carrying such a heavy load!

In the past, I have been guilty of that one.

In other cases, pride makes the person feel victimized in holding on to their burdens. Their “reward” is having others feel sorry for them because of their heavy load or they get attention from a woe-is-me attitude.

Either way, pride robs God of the glory that rightfully belongs to Him through carrying your burdens.

God wants to be your Strength, your Shelter, your Fortress, your Power—whatever you need. So when you are victorious, you can give Him all the glory, not try to take it for yourself.

Humble yourself under God's mighty hand and let Him exalt you in due season. He resists the proud but gives grace to the humble.

**3. Peace with others.** Hebrews 12:14-17 gives direction in this area: “Pursue peace with all men, and the holiness without which no one will see the Lord, 15 watching diligently so that no one falls short of the grace of God, lest any root of bitterness spring up to cause trouble, and many become defiled by it, 16 lest there be any sexually immoral or profane person, as Esau, who for one morsel of food sold his

birthright. 17 For you know that afterward, when he wanted to inherit the blessing, he was rejected. For he found no place for repentance, though he sought it diligently with tears.”

If you tend to be an angry, argumentative person, other people will tend to shut you out and avoid you. They will not listen to what you have to say, even if you want to share the Good News of the gospel with them.

Proverbs 18:19 tells us: *“A brother offended is harder to be won than a strong city, and their contentions are like the bars of a castle.”*

Now, a word of warning: Pursing peace with all people does not mean giving into the dictates of our culture. This Scripture tells us that we are to pursue peace and **holiness**.

As God’s people, we are called to live according to God’s Word. When the culture makes decrees that are clearly not in line with God’s Word, we must speak the truth. However, we do so in love and humility.

If someone tries to argue with you or cause contention, do not engage them. An old saying goes, “A man convinced against his will is of the same opinion still.”

You can maintain your peace and stand on your beliefs, knowing that the Lord is your Defender.

In closing, take 1 Peter 3:11 to heart: *“Let him turn away from evil and do good; Let him seek peace and pursue it.”*

Seek after those daily decisions that bring peace. Health decisions are a great training ground for this. Turn away from those decisions you know are not good for you. It is not always easy to do that, but afterward, you can expect a reward:

“Now no discipline seems to be joyful at the time, but grievous. Yet afterward it yields the peaceful fruit of

righteousness in those who have been trained by it” (Heb. 12:11).

So put on those shoes of peace and share the peace that God has given you with others!

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

*P.S. I taught a Webinar recently called ‘Change your Mind, Change your Body’ and we discussed why certain foods hijack your brain and make you more vulnerable to food cravings.*

*Although the Webinar is over, I created an audio of the content and a summary sheet that you can download Free. You can access the Free audio and summary sheet here.*

*For the original article, visit .*

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## **How to Get Rid of Every Single Frustration in Your Life Right Now**

Frustration. Some people experience it now and then and some people wrestle with it day after day. You may be frustrated right now.

Merriam-Webster defines frustration as “a feeling of anger or annoyance caused by being unable to do something: the state of being frustrated” and “a deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs.”

You might be frustrated with your spouse for not meeting your

expectations. You could be frustrated with your boss for not giving you the promotion he promised. You may be frustrated with yourself for not losing those 10 pounds you set out to shed last year—and even putting on a few. You could be frustrated about all these things and more but it doesn't do you a bit of good—in fact, frustration breeds more frustration.

## **The Grace of God**

I'll admit it. I have been prone to frustration. I've been frustrated over flight delays that caused me to lose a night's sleep; frustrated over the air conditioning in my office going out and leaving me sweating on deadline; frustrated about those stubborn 10 pounds; frustrated over the actions of people who generally make my life harder for no good reason; and so on and so on and so on.

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What I learned was this: The devil wants to keep us in a constant state of frustration because we cannot operate in the grace of God and frustration at the same time any more than we can operate in faith and fear at the same time. Paul warned us not to frustrate the grace of God (Gal. 2:21).

The Greek word for "grace" in that Scripture comes from the word *charis*. It means grace, that which affords joy, pleasure, delight, sweetness, charm, loveliness; good will, loving-kindness, favor; of a merciful kindness by which God, exerting his holy influence upon souls, turns them to Christ, keeps, strengthens, increases them in Christian faith, knowledge, affection and kindles them to the exercise of Christian virtues; the spiritual condition of one governed by the power of divine grace; and thanks, recompense and reward.

I don't know about you, but I'll take grace over frustration any day.

When we're frustrated, we're frustrating the grace of God because God's grace is available to help us, but we're too focused on outward circumstances (or inward thoughts) to focus on Him. We know the Scripture: God will keep you in perfect peace if you keep your eyes set on Him (Is. 26:3). If we put our faith on that and took action, we would not operate in frustration—we would receive grace to help in time of need.

### **Cast Your Frustrations on Him**

Surely you've read the Scripture—casting all our cares on Him because He cares for us (1 Pet. 5:7). What is a frustration, ultimately, but a care? What would happen if, instead of frustrating or blocking the grace of God from operating in our lives, we cast the frustrations and tapped into the grace instead?

Beyond keeping our eyes on the Author and Finisher of our faith, the best way to do this, I've found, is to use our faith in prayer. What if you turned every frustration, each time it arose, into a prayer request? What if, when you felt that familiar feeling of frustration begin to rise up in your soul, you put your faith on Philippians 4:6: "Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God"?

Frustration, left unchecked, ultimately causes anxiety. Why not stop frustration dead in its tracks before it gets to that point? Why not be frustrated for nothing, but in everything, by prayer and supplication with gratitude ask God to work it out—or give you wisdom and grace to walk it out?

When you are frustrated with your boss for not giving you that promotion, why not pray: "Father, I'm grateful that I have a job and that You are my provider. I trust You for the right promotion at the right time and I believe you for increase in my life." Instead of acting in frustration with your kids, why not pray instead?

When you do, the second half of Philippians 4:7 can manifest in your life: "The peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus." When you are peaceful, you can receive abundant grace.

So, again, turn your frustrations into prayer requests, and you will walk in grace and peace that confuses your enemies and blesses everyone around you. Amen.

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## **Kingdom Economics: Does Our Spiritual Foundation Have Cracks?**

New Year economic predictions abound. A few forecasters are predicting moderate economic growth, more are predicting continued slow growth or stagnation, and an increasing number are predicting recession or even economic collapse for 2016.

Economic prediction has become more complex with increased globalization and rapidly changing events. Predictions vary by expertise, bias and even motive.

Most economists would likely agree that current world economic foundations are shaky at best. Global debt is more than five times global output (GDP). The world's central banks have expanded their balance sheets to unprecedented levels (ten-fold over the past 10 years).

Central banks have become the major buyer of government securities in many instances. A slowing Chinese economy, falling global shipping rates, collapsing oil and industrial

commodity prices, depressed emerging markets, and heightened military uncertainty and tensions further weaken global foundations.

U.S. manufacturing is in a recession. U.S. stock markets are overvalued by a host of measures. The labor market has improved, but there are still more than 100 million working-age people who do not have jobs. The labor force participation rate and the velocity of money are near record lows. Median family income has been dropping for years. Student loan debt is more than a trillion dollars. Nearly 50 percent of U.S. 25-year-olds still live at home with their parents.

Economic foundations are weak. Near-zero interest rates have created artificial and speculative economic activity which would not have occurred otherwise. Weak foundations limit building and can result in structural failure. No one can predict with certainty what the economy in 2016 will look like. But restoration of the economic foundation is in order.

In the kingdom, we are called to build our lives, families and ministries on a sure foundation. The economy and the world may have weak, damaged or nonexistent foundations. But we are not of the world. We are expected to have spiritual foundations that will survive the test of circumstances and time. Our foundations are expected to be eternal and bring glory to the Master Builder.

The New Year would be a good time to do a home inspection. Does our spiritual foundation have cracks? Has it been damaged? Has it been neglected? Is a part of our foundation built from inferior materials? What can we do to repair our foundation before it damages or destroys the structure? Are we willing to pay the price to repair it? Our foundation checklist might include the following:

**Is our foundation Christ?** “For no one can lay another foundation than that which was laid, which is Jesus Christ” (1

Cor. 3:11).

**Is our foundation based on repentance from sin?** “But the firm foundation of God stands, having this seal, ‘The Lord knows those who are His,’ and, ‘Let everyone who calls on the name of Christ depart from iniquity’” (2 Tim. 2:19).

**Is Jesus Christ our Lord as well as our Savior?** “Why do you call Me, ‘Lord, Lord,’ and not do what I say? Whoever comes to Me and hears My words and does them, I will show whom he is like: He is like a man who built a house, and dug deep, and laid the foundation on rock. When the flood arose, the stream beat vehemently against that house, but could not shake it, for it was founded on rock” (Luke 6:46-48).

**Are our works designed to endure?** “If anyone’s work which he has built on the foundation endures, he will receive a reward” (1 Cor. 3:14).

The New Year will come and go. But if we will ensure that our lives, families and ministries are built upon a sure foundation, they will have eternal significance. Now is the time to repair any cracks, gaps or damage to our spiritual foundation.

*Dr. James R. Russell is professor of economics and chair of the Undergraduate College of Business at Oral Roberts University in Tulsa, Oklahoma.*

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## **Are Doctors Really Using the HIV Virus to Treat Cancer?**

A seemingly radical cancer treatment is working for many

patients who have tried it. The new treatment uses viruses as the latest weapon in the fight against different types of cancers.

The procedure is still in its trial phase, but various forms of the treatment are being used at several different cancer centers.

So far, doctors are seeing amazing results on patients who previously had little hope – patients like Stacy Erholtz.

“It was very exciting,” she said.

Erholtz was amazed that the tumors on her forehead, collarbone, and spine went away after she was injected with modified measles virus.

“I think it’s just remarkable. Who would have thought?” she said.

For 10 years, Erholtz battle multiple myeloma, an incurable cancer of the blood. She tried chemotherapy, even two stem-cell transplants, but nothing helped until she agreed to be a part of the Mayo Clinic trial for the new treatment, called immunotherapy.

The Mayo Clinic’s Dr. Stephen Russell is leading the trials.

“It’s a very simple concept. Viruses naturally come into the body and they destroy tissue,” he explained.

Trials at other medical centers are reporting similar success in treating different cancers with different viruses, such as the polio virus to treat brain tumors and the HIV virus to treat leukemia.

The viruses are engineered in a laboratory to attack the cancer cells, while leaving the healthy ones alone. The viruses trigger the patient’s own immune system to fight the cancer.

“We recently have begun to think about the idea of a single shot cure for cancer,” Russell said. “And that’s our goal with this therapy.”

People like Erholtz who have been injected with a concentrated virus often admit it’s a bit frightening.

“I received enough apparently to vaccinate 100 million people, which was alarming, and I was happy to hear that after the fact,” she said.

Immunotherapy doesn’t cure everyone. But if doctors continue to see success stories like Erholtz’s, using viruses to attack cancer could soon become an accepted treatment when all else fails.

*For the original article, visit .*

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## **What Brings You to Tears?**

As I approach 50, I must confess I have never lost anyone to death with whom I’ve been extremely close. My parents and siblings are still alive, and I became distant to my grandparents before their passing.

It’s difficult for me to relate to the tears of anyone whose friends or relatives have passed away. But that doesn’t mean I do not cry and cannot relate to emotional pain, similar to that of the prophet Jeremiah.

His grief ran deep, as we discover in Lamentations. He wasn’t called the “weeping prophet” for nothing as he bore the burdens of his country, Israel. His tears flowed from a broken heart for he knew what lay ahead for Judah—that God’s judgment

would fall and destruction would come for its disobedience.

Jeremiah's tears were not self-centered; he did not mourn over personal suffering or loss. He wept because the people had rejected their God and because that would bring much future suffering. His heart was broken with those things that break God's heart.

I would like to believe I cry for similar reasons. I cry because my shortcomings sometimes allow me to alienate my wife—the beautiful and precious gift God gave me. I cry because I sometimes fail in the stewardship of two more wonderful gifts He has given me—my daughter, Rachel, and my son, Joshua. I cry because of the senseless murdering of Jews in Israel and Christians around the world on a daily basis, and for the hatred that is behind it.

I cry because I break my own heart with my disobedience to God and that I sometimes see myself as inadequate as His messenger. The last one is a lie from the enemy, and I have to rebuke those thoughts because I know that “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).

Like Jeremiah, I also weep for our nation and its shortcomings, as well as the shortcomings of the church. The church has let America down, and it is because of the church's neglect that our country has deteriorated to its current state of degradation. I know America's current state brings God to tears. Does it for you?

So I ask you: what causes your tears? Are they self-centered, or do you lament over the things that also break God's heart? Do you cry because many in this world will go hungry today? Do you weep because you have lost something that gives you pleasure, or because people all around you will suffer for their sinfulness?

Our world is filled with injustice, poverty, war and rebellion

against God. All of these things should move us, His church, to action. Read or re-read the book of Lamentations and learn what it means to grieve with God.

So I ask you: what causes your tears? Are they self-centered, or do you lament over the things that also break God's heart?

Start the new year off by praying with tears—tears of sympathy and empathy for the lost and broken. Pray that all of us as Christ followers will do the same, and that indeed it will be a happier New Year in 2016.

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

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## **How to Teach Your Children to be Problem Solvers**

True story: An acquaintance of ours, a 19-year-old with a high-school education, applied for a job at a local retail outlet. Her resume looked good and the references checked out, so she was asked in for an interview.

Her mother went with her. She wanted to “make sure the manager gave my daughter a fair shake.” The manager said later, “There's no way I'm hiring someone who can't deal with her own issues.”

Educators know that problem solving is foundational to a child's learning capacity. Leadership studies focus on the same skill set. Good teachers don't provide correct answers as much as teaching kids how to use problem-solving skills to arrive at a solution.

Teaching children starts the moment we choose to let our infant find the pacifier that fell just inches from his fingertips (instead of scooping it up ourselves) and carries on until the day we say, “No, that college application is your responsibility, do you want to go or not?”

Here are 10 ways to teach your children problem-solving skills:

**1. Don't be a “Helicopter Parent.”** Give your child some space. Whatever age your kids are, allow them to make mistakes and teach them how to move forward.

**2. Encourage creative play.** Remember wooden blocks? How about building a fort from available material? Kids of all ages learn most in the context of play. Make sure their play involves enough challenge and requires imagination. Eventually, problem solving becomes its own reward.

**3. Build the occasional roadblock into their experience.** This is the opposite of solving your kids' problems. Make the difficulty reasonable, and make sure a solution is possible. The more informed choices they have to make the better.

**4. Provide multiple potential solutions.** Whenever it is possible, facilitate decision making. Keep the ball rolling by making sure your kids don't routinely avoid making tough choices because you automatically issue a default solution that's nonnegotiable.

**5. Make problem solving a fun part of the culture of your home.** Make surmounting difficulties fun. We all run into problems all the time, so why not make surmounting family challenges with a positive attitude simply the way your household does business.

**6. Read problem-solving stories together.** In his classic young adult novel *Hatchet*, author Gary Paulsen tells the story of a teen lost in the wilderness. He survives by keeping his wits

about him and solving problems as they come along. Use stories like this to inspire.

**7. Try some do-it-yourself projects together.** Not handy? No problem. Learn together. In fact, the more your child sees you in action, problem solving step by step, the more of a problem solver your child will become.

**8. Teach them basic problem-solving steps.**

- a. Identify the problem. (For example, "I always miss the school bus.")
- b. Break the problem into manageable parts, so each task does not seem impossible.
  - My homework is not complete.
  - I didn't eat my breakfast.
  - I haven't brushed my teeth.
  - My lunch isn't packed.
  - My backpack is not ready.
  - Tackle the parts one at a time until the problem is solved.

**9. Allow children to experience failure.** If we're unwilling to see our children fail at a task, then we're unwilling for our children to learn.

**10. Routinely ask your kids for help.** Make sure the children understand that you respect their capacity to solve problems. "I don't know how we're going to afford to a big Christmas this year. What do you think?" Practice brainstorming as a family. You'd be surprised at how creative they can be.

*For the original article, visit .*

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# The Simplest Health Habit You Should Start Today

Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting.

That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body.

Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day.

Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life.

"The active component in green tea is EGCG," he explained. "And that's a polyphenol that helps reduce cholesterol, heart disease, and protects against cancer."

## **Green Tea Guidelines**

Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market, it can be difficult to choose which is best.

Fratellone shares some guidelines.

"I like organic tea because you want to make sure it's grown in an area free of metal in the soil, so you don't want to have lead, cadmium, mercury, any bad, toxic elements," he explained.

“If it’s in a bag, you don’t want a bag that has a staple on it, sometimes that can get in the tea,” he continued. “But I’d rather have loose. And sometimes I don’t even strain it. I leave it in there and eat the leaves.”

Research shows green tea lowers the risk of Type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer’s disease, Parkinson’s disease, and depression, as well as significantly lowering your chance of having a stroke.

“Tea is meant to be drunk plain and you get the more medicinal benefits,” Fratellone explained. “When you add milk or sugar you can deactivate some of the active medicinal components.”

“If there’s anything to add, I would add raw honey. It’s better to have hot or lukewarm,” he said. “When people have iced tea, green iced tea, you lose a lot of the benefits.”

### **Tea Instead of Pill**

In addition to the teas you’d find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill.

Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more.

“There are many teas that have antibiotic properties, so you don’t always have to take an antibiotic,” he said. “Yarrow has a great antibiotic profile against many bacteria and viruses. I use barberry, berberine—these are all teas from natural plants.”

He points out that many conventional medicines you find at the average pharmacy are actually derived from plants.

“We have a tea for arthritis,” he explained. “I use white willow bark, which comes from the tree salix. It’s the active ingredient of aspirin, so I mix white willow bark, a little turmeric, a little ginger and probably some devil’s claw.”

Dorota Meller needed to overcome chronic fatigue.

“So I was really dizzy all the time,” she recalled. “I felt weak, I felt tired. I couldn’t get out of bed and then when it was eveningtime I couldn’t fall asleep. But I was always lethargic.”

Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract.

“So not only the iron, but my vitamin D, my vitamin B, I wasn’t absorbing anything I was eating or my supplements or vitamins,” Dorota explained.

“I expected to be put on medication or additional supplements, I really didn’t know, but Dr. Fratellone said it’s as simple as a tea mixture,” she said. “And when he first said it, I was maybe a little bit hesitant. I was like, ‘How’s this tea going to help me?’”

Within a month she felt better.

“My iron for the first time in 10 years is normal. And so is my vitamin D,” she exclaimed. “So I know that whatever he gave me, it worked. And it’s as simple and as easy as a tea.”

### **Treating the Root**

Fratellone says his priority is getting to the root cause of his patients’ illnesses, not just treating the symptoms.

“I believe as an M.D. and an herbalist, that the gut is the gateway of all disease, so I want to heal the gut first,” he explained.

“You might take gluten, dairy and let’s say, corn, out of your diet. Unless you heal your gut, you’re still going to have the symptoms,” he said. “So the gut-healing tea contains slippery elm, marshmallow, meadowsweet, and raspberry.”

He said cleavers, mullein, blue violet and lady’s mantle are good teas for breast health and premenstrual syndrome.

“These are all teas for keeping the female side active and we make that as a tea,” he continued. “I give that to some of my patients that are going into menopause to ease in with a nice, natural tea instead of taking a lot of things that are harmful.”

### **WARNING: Consult the Expert First**

Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist.

The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies.

Nick Edgerton is a student at the University of Bridgeport College of Naturopathic Medicine.

“I think there needs to be more marketing to realize this medicine is available,” he said. “And that you don’t have to jump on a statin or a blood pressure medication when you might be able to control it with some dietary changes and maybe the use of an herb, which is not that much different than a drug.”

“(That) is why it’s important, whether it’s tea or herbal pills, that you do see a naturopath because you do need to have coordination of care with other medications as well,” he said.

While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way.

So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort.

For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

*For the original article, visit .*

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## **Did 2015's Prophetic Words Ring True?**

In the days and weeks ahead, prophetic voices around the world will release prophecies for 2016. You'll read a handful of them on the "Prophetic Insight" section of .

But before we charge ahead to weigh prophetic mandates, directives and warnings for 2016, let's take a minute to look back at the prophetic words declared over 2015. After all, you can't always limit God's words to a 12-month timeline.

As I've said before, it's possible that some 2015 prophecies won't be relevant for years and others will remain relevant for years to come. So, again, before we move on to the next new prophetic word, let's review what prophetic voices declared last year and respond according to His Spirit.

### **A Year of New Beginnings**

I prophesied that "2015 is a year of new beginnings. That

means some of you are going to birth some things. That means you may be a little uncomfortable in 2015. It means you will face some transition. It means you may enter into travail. It means you will face the accuser of the brethren and engage in spiritual warfare at new levels." Was it true? It was for me and for many who I have come across in this past year. If you did not have a new beginning in 2015, there is still a new beginning available for you. As I recently wrote in my Plumb Line column, You Can Have a New Beginning in 2016–You Really Can.

### **The Turn-Around Year**

The Apostolic Council of Prophetic Elders (ACPE), led by Cindy Jacobs, declared 2015 was a turn-around year: This is the year when God will give His people the chance to recalibrate in the midst of what will seem to be a whirlwind year. To recalibrate means to correct in mid-course, modify, amend, change, metamorphose, renovate, transform, or turn." Did this word come to pass? I believe it's an accurate word in many respects. It was certainly a whirlwind year in the seven mountains of influence. How many of God's people recalibrated, or repented, remains unclear. Repentance is a key to seeing 2 Chronicles 7:14 become a reality in America. I believe the Lord requires yet more repentance; true repentance.

### **A Shemitah Year Mandate: Throw Jezebel Down!**

Rob Winters declared a Shemitah year mandate to throw Jezebel down: "What is not commonly known about Shemitah is that it is derived from the Hebrew root word 'shamat,' which is used nine times in Scripture. In three instances 'shamat' is translated 'throw down' and is used in the passage where Jehu commanded two eunuchs to throw Jezebel down from a second story window, killing her. Jezebel's demise at the hands of Jehu ultimately resulted in the obliteration of Baal worship in Israel." Was this a good word? I have written three books on the Jezebel spirit—including my latest: *Jezebel's Puppets*—so I may

admittedly be biased as I believe we have long needed to throw Jezebel down. I don't think we got the job done last year, nor do I believe this spirit will be completely eradicated until Jesus returns, but we can displace this principality over our cities through transforming revival.

### **A Year of Revealing Hidden Things**

Ryan LeStrange announced 2015 was a year of revealing hidden things: "The Father is peeling back the layers that have created a dull edge and sharpening the prophetic voices. The prophetic ministry is coming to the forefront in this season as there is a growing hunger to hear from God. Much of the church world has restricted the Holy Spirit and limited His flow in their meetings but there will be a breaking forth of genuine prophetic ministry among those who are hungry. This is a time of refining for the prophetic community. The words, revelations and voices must be on target and specific. The sword is being sharpened and accuracy increasing!" I have witnessed a number of new fresh prophetic voices come on the scene in 2015 with great accuracy. The prophetic movement, of course, is not fully restored and we all need to press into greater intimacy with Him, which produces the genuine witness.

Stay tuned in the coming days and weeks as we'll share more prophetic words. In the meantime, review these decrees, announcements, insights and directives. Grab what rings with your spirit even as you prepare your heart to receive what God has for you in the new year.

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# **Spiritual Warfare in Weight**

# Loss, Part 2

*“My flesh and my heart fail; But God is the strength of my heart and my portion forever” (Ps. 73:26).*

Have you ever awakened feeling tired? I did this morning. I prayed, exercised, and then sat down at my computer to write as usual. But this morning, the words would not come.

When that happens, I know there is no point in trying to force it. So I just wrote the following words that were on my heart to the Lord:

My agenda says that I must write Spiritual Warfare Part 2. But what do you say? I need rest and stillness in You. I need times of refreshing in You. I need reminding of who I am in You and who You are to me!”

I’ve learned from experience that whenever I don’t like the output of my life, I need to step back and look at the input. Proverbs 4:23 confirms this approach:

“Keep your **heart** with all diligence, for out of it *spring* the **issues** of life.”

So this leads to the second piece of spiritual armor:

*“Stand therefore, having your waist girded with truth, having put on the breastplate of righteousness, having your feet fitted with the readiness of the gospel of peace, and above all, taking the shield of faith, with which you will be able to extinguish all the fiery arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God” (Eph. 6:14-17, MEV).*

The breastplate of righteousness means guarding your heart through first affirming your true identity in Jesus Christ:

*“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).*

Next, you need to remind yourself of who your Lord is to you. This is a **living** faith that you have. You experience different circumstances and seasons. Some days you feel spiritually strong and feel as if you can take on the world. Other days, you feel like you can't win the victory over a brownie!

When that happens, check and control your input through what you allow yourself to see, hear, and meditate upon.

The following songs were the things I used as input to help refresh my Spirit today. By the time I finished listening to all of these, I felt so much stronger! Check them out and then consider what songs and messages refresh you. [Click here](#) and [here](#).

Spiritual uplifting music and messages are weapons of spiritual warfare. Use them daily!

Be blessed in health, healing, and wholeness.

For part one of this series, [click here](#).

**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 [here](#) and receive more free health and weight-loss tips.*

*For the original article, visit [here](#).*

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# The Social and Political Implications of Jesus the King of Kings

A very important conversation occurred between an earthly governor and the Governor of the universe that saliently disclosed the main purpose for the coming of the Messiah. In John 18:37 we find:

“Therefore Pilate said to Him, ‘Then are You a king?’ Jesus answered, ‘You say correctly that I am a king. For this reason I was born, and for this reason I came into the world, to bear witness to the truth. Everyone who is of the truth hears My voice.’”

In this passage, Jesus reveals that He was born because He was chosen by His Father to come to Earth and rule as King. The most quoted Old Testament passage in the New Testament is Psalm 110:1-2, which confirms this.

This passage also tells us why He was eventually crucified. John 19:12, 15 shows that both Pilate and the Jews handed Jesus over to be crucified because His claim as King was a threat to their political, religious and social claims to power.

These passages show that a person cannot have ultimate allegiance to both Caesar, representing earthly political power and control, and to Christ, representing the kingdom and rule of God on the earth. First Timothy even calls Jesus “the only sovereign.”

This fact played itself out over history through His followers, when they eventually took over the Roman Empire and disciplined many of the most advanced nations of Western Europe. Do yourself a favor and study the life of King Charlemagne,

who ruled most of Western Europe starting A.D. 768.

Those Christians who only obey God on Sunday and obey Caesar Monday through Saturday are denying the main purpose for the first coming of Christ. That is to say, if your faith is private and just for you, and your public policy beliefs are neutral, you are violating of the spirit of Christianity and the lordship of Christ.

Numerous Roman Catholic politicians in New York City have said the same, saying that although they are personally pro-life on abortion, they feel the need to be publicly pro-choice so they can represent the views of all the people.

Jesus as the King of kings (Rev. 19:16; 1 Tim. 6:15) means that His law should rule over politics and society and not just over our inward spiritual lives.

But the question now arises: Am I espousing that Christians take over the governments of this world by coercion or force, thus becoming a sort of Christian Taliban? Jesus shows us the answer to this question in John 18:37, where He connects His kingship to the testifying of the truth.

Thus, Christian influence is spread by preaching the gospel, and that His political rule will come to the front because of its cogent power in the arena of ideas in every realm of life.

This is in direct contrast to Islam, which must spread through the sword!

Onward, Christian soldiers! Take no prisoners in the realm of ideas! {eoa}

**Joseph Mattera** is an internationally known author, futurist, interpreter of culture and activist/theologian whose mission is to influence leaders who influence nations. He leads several organizations, including The United States Coalition of Apostolic Leaders (). He also has a blog

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