

Ditch the Excuses for a Thinner, Healthier You

We have an excuse for every poor choice we make today: “I had bad parents;” “No one told me the truth;” “It’s just the way I am.”

The sad fact is we think it will justify our actions. But when it comes to our choices at meal time, we are finding it’s more about harboring bad habits than an inherited or environmentally stimulated bad behavior.

True, we can inherit poor eating behaviors from our parents or past eating patterns, but we have so many options today to eat healthy. If we want to change where we are going, it starts with the choices we make today. I know there are conflicting words of advice everywhere you turn, and knowing what to do can be very complicated.

So here are some simple tips to help you make positive health choices.

1. Start eating at the dinner table. Our tendency today is to eat on the run, on the couch or out of a bag. The result is we eat more. Why? Because we are eating whatever is convenient, eating larger amounts, and sometimes we eat directly out of the pots—no portion restrictions—it’s a free for all!

If you take the time to sit at the table, you are more conscious of your portions. You can unwind with the family, not race to get done. Go over the events of the day, and if you like, you’ll have the opportunity to put on some background music to make it a more relaxing, enjoyable time.

2. Exchange lunch plates for dinner plates. This is one I have used many times. When you use a smaller plate, your eyes see more food—it’s true! If our eyes *are* bigger than our stomachs,

why not fool them? I was brought up with the mindset that you eat everything on your plate because someone somewhere is starving. This led me to eat past the full line and the result was more calories than I required. So today I use smaller plates and feel full, not stuffed.

3. Slow down the pace. Do you find yourself eating just to get something in your stomach? More than likely you eat fast because eating has become a function, not an experience. I can hear it now, "Linda, my life is too hectic for me to experience my food!" Granted, we do live fast-paced lives, but it's the fast-paced eating that is driving us to an early grave.

When we choose to take 15-20 minutes to eat a meal, we find ourselves satisfied with less food. Setting your fork down between bites while you savor the flavor of your meal will allow your mind to catch up with your stomach and the full sensation will be recognized earlier. Taking the time to actually chew your food instead of inhaling it will help in the process as well.

I am the worst at eating for function instead of experience. But I have found that over the years, if I actually think about what I'm eating (not in an obsessive way) and relax as I do it, the digestion process is enhanced as well. Nothing causes an upset stomach like gulping down food on the run.

I guess this means we need to make time, not just take time to eat. What a concept! Even if you are one of those who chooses to eat smaller meals six times a day, slow down and enjoy it.

4. Palms up for portion size. If you set everything in place but choose to pile on the food, you miss the boat altogether. Portion size is the key, and the easiest way to know where to begin and end is to look at your own palm. Opened-faced minus the fingers, this is your portion. Whether we are talking meat, veggies, or bread, this concept will keep us in the

ballpark of proper portion size.

Once again, make it fun! When your children are filling their plates (the younger you can get them started the better—of course, use common sense here), remind them to look at their palms and see how close they can get to measuring a portion. Keep in mind that as your children are growing, you don't want to limit their diets as you do adults.

You can use the Palms Up Method with your family and encourage them to place color variety on their plates as well—veggies, salads, lean meats, pastas, sweet potatoes, and, yes, macaroni and cheese even has a place at this setting. Look for balance.

5. Out of sight, out of mind. The final step is to remove the temptation of foods that cause you to binge. As the adult, you are in control of what is available in your home for your family to eat. Slowly start to substitute good choices for not-so-healthy ones. Keep fresh fruits and vegetables in the refrigerator. Replace your white bread with one containing grains. Limit the amount of salt, sugar, caffeine and alcohol you have on hand.

Encourage healthy living with your younger set by allowing them to help you purge the pantry. Go through things you eat on a regular basis and check the label. If the first ingredient is sugar, out it goes! This might be too shocking to the “family system,” so take it slow; start with one or two items at first. Purge and then replace with something healthy. Let the kids choose the healthy items. If they are part of the process, they will be more likely to embrace the change.

Small steps to a healthier you are easily accomplished if you keep your eye on the source of your strength. I constantly pull on the sleeve of my Savior Jesus Christ for discernment and direction; He is one guest you should always invite to your table. Happy eating! {eoa}

Before beginning any new fitness program that requires a

change in diet or exercise, it is recommended that you consult your physician for input. This informational series is not intended for medical or nutritional claims dependent on substantial clinical studies and FDA approval, and should not be construed as a claim for cure, treatment or prevention of any disease.

It is intended solely for information and educational purposes. Linda is not a physician or expert in the medical field. She has been involved in the health and fitness industry as a personal trainer and fitness instructor for numerous years. The information given in these sessions have been derived from books and materials brought together over the years from many sources, including her personal life experiences.

Linda Goldfarb is a certified physical fitness specialist, speaker, and syndicated radio talk show host. You can download her weekly “Not Just Talkin’ the Talk” radio broadcasts, a one hour variety talk show based out of San Antonio, Texas, at . Linda’s show encourages listeners to “walk the walk” spiritually, physically and relationally each and every day.

For the original article, visit .

Are You Between That Infamous Rock and Horrible Hard Place?

“Between a rock and a hard place ...”

“Swimming upstream without a paddle ...”

“I am at rock bottom ...”

"Anything that can go wrong will go wrong ..."

"You look like you have just lost your last friend ..."

Can you think of other trite sayings that describe the never-ending pain and day-to-day challenges of life? How many times have you uttered these words or heard these words spoken by someone who was at the end of his or her rope?

There's another piece of trite for you ... I am at the end of my rope. How could we forget that one?

Let me communicate a word of encouragement that may border on the verge of "trite" ... "Life is hard, but God is oh so good!"

Sometimes there is more "true" in "trite" than you can imagine.

Even Jesus was on the brink of pedantic when He reminded us all, "In the world you will have trouble."

But do you remember what Jesus said after those troubling words? I imagine that He had a grin on His face and a twinkle in His eye when He exclaimed to his discouraged band of brothers, "But, cheer up! I have overcome the world!"

Can't you just see Him, raising His fist in the air and nearly jumping for joy?

The words of Jesus ricochet through the ages and have the power to subtract the doom from any situation that a believer may face.

"Cheer up, sister. Cheer up, brother. Jesus has overcome the world!"

You see ... no matter what prophets of doom may declare and no matter how excruciating this world may become, we have a Savior who is more than able to protect, to intervene and to lead. We have a Savior.

We serve a Lord whose name is Jesus and who has experienced a victory so eternally complete that even the demons of hell scream in uninterrupted pain.

The God of angel armies is the God of you and the God of me. He knows the reality of hard places and He knows how to get you beyond those particular places of pain.

He knows.

We serve a God who has never lost a battle yet and He is fighting for you when you are at the end of your rope. Let me just remind you that when you have no paddle, He is your strength and your sure direction.

No matter what is happening in the world of politics, no matter whom terrorists are terrorizing, no matter how flat the economy falls—the Rock of our Salvation is a strong and mighty tower.

So, let's just rearrange trite and have it line up with the Word of God. How do these revolutionized phrases now sound to you?

"I am living between the Rock and the grace place!"

"I am swimming in His stream of worship, and the strength is undeniable!"

"I am resting on the Rock of my salvation!"

"Anything that goes wrong in my life will be miraculously changed to good because I have a good, good Father who is working behind the scenes of my life to work all things together for my good!"

"I have a Friend who sticks closer than a brother. He has promised never to leave me or forsake me."

"Jesus is at the end of my rope. There is no place that I

would rather be than at the end of me and at the beginning of Him.”

The words of Jesus are not empty nor are they powerless. The explosive nature and power of God are discovered when a believer believes that what Jesus declared is truth indeed!

I believe that God is good!

I believe, like Corrie ten Boom, that there is no pit so deep that He is not deeper still.

I believe that God has been to my future and that it is a good future because He has been there.

This believer should always believe that there is no such thing as “living between that infamous rock and that horrible hard place.”

This believer defiantly believes that there is only strength, joy and peace to be discovered in all of life’s situations.

What pieces of “trite” have deceived you? Come back to a place of truth and find your encouragement in the words and truth of Jesus. {eo}

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If You Want Respectful Kids, Try This One Thing

Eleven-year-old George is disrespectful. When Mom says, “No,” George uses sarcasm or a mean remark as he leaves the room. When Dad gives an instruction, George rolls his eyes or makes an offhanded remark.

Mom and Dad try to talk to George and explain why he needs to follow instructions or why Mom said, “No.” George responds disrespectfully. Mom and Dad are frustrated because nothing seems to work.

George has a problem. His pattern of expressing his displeasure is inappropriate. He needs correction. But the focus of the correction needs to be on the way he’s treating his parents.

Dr. Scott Turansky shared the scenario above in his *Christian Parenting Handbook*. He went on to give the steps the parents in this situation used for correcting their son’s disrespect: No more dialogue about the issue, but instead, move quickly to the process of *how* the child is handling the conflict. The parents corrected for George’s tone of voice, sarcasm, and poor choice of words and required a better response from him before moving forward.

This strategy began to work. Instead of getting mired in the issue—getting homework done, doing chores, etc.—they immediately focus on the real issue: the disrespect the child is using in interactions with his parents.

So what’s the one thing to do if you want respectful kids? Focus on how your child treats you—the words they use and

their attitude—instead of getting sidetracked onto the specific incident at hand.

For more on this subject from Dr. Scott Turansky, [click here](#).

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

10 Things Your Spouse Will Remember About You

Marriage is a beautifully complicated, time-demanding, life-fulfilling experience that has the power to bring you more joy than you have ever encountered. It's one of God's most alluring creations.

The reality is that we will all be remembered by our spouses for the things that we do. But what we must remember is that we have the choice to be remembered in a way that brings joy and comfort, not pain and agony.

Here are 10 things I believe your spouse will remember about you:

1. How you handle confrontation. Confrontation is unavoidable, but the way you respond to it is completely up to you. It's easy to get mad, throw up your hands and try to let things blow over. But without properly handling confrontation in a mature manner, one will set their relationship up for failure. It's like Taylor Swift once said, *"Band-aids don't fix bullet holes."* That'll preach!

Take the time needed to handle confrontation in a mature and timely approach. Your spouse will remember exactly how you approach confrontation; respond to it and the way you journey

through each of its life-learning facets.

2. The way you prioritize faith, family and work. It's easy to feel like you've been put on the backburner when your spouse seems to put work before their faith and family, you know, when it seems all they are focused on is emails, Facebook, phone calls and work texts. And even when they're present, they're not really that present at all.

But while not everyone has this problem, we must all guard ourselves from allowing work and pleasure to become a greater priority than our faith and family. I'd be the first to admit that I've failed to do this on several occasions throughout our marriage. The backburner is a distressing place to be, and my wife deserves the first of my time and emotions, not the leftovers. Don't be remembered as someone who loved their family, but not enough to keep them a priority over your job.

3. How you handle finances/spending. Finances are hands down one of the biggest reasons couples argue. And while not everyone has issues of charging thousands to their family credit card, how you manage and handle your finances is something your spouse will always remember about you. Be open and honest with each other about spending. When two become one, so does their financial homestead.

Don't be remembered as someone who wasted money on petty things, but instead as someone who managed their finances to better support the longevity of your family's future.

4. How you treat people who are different from you. The world is full of people who are different from each other, and how we respond to those people shows a lot about our character. How do you treat people who live a lifestyle different from yours? Your spouse will remember exactly how you interact with individuals who are different from you. They will remember how you act and respond.

5. The way you treat them when no one is looking. Treating

your spouse like a king or queen while everybody has their eyes fixed on you is easy, but what happens when the doors are closed and nobody can see what's really going on? How have you treated your significant other in the comfort and safety of your home? Your spouse will remember how you treated them when nobody was looking, when nobody could see the truth, and when nobody was around to call you out if something was said or done out of turn.

Treat your spouse with the respect and honor they deserve, regardless of where you are or who is watching. The way you treat your spouse when nobody is looking will say a lot about you.

6. The way you show them affection. Affection in marriage, or in this case any relationship, is key. It's just true. We like to know that people care for us. And while everybody might show affection differently to their spouse or significant other, there is something true to be said about physical touch and words of encouragement. Don't be a spouse who is remembered as someone who lacked affection, compassion and concern for their husband or wife.

Everyone has different love languages. Learn what makes your spouse tick and be diligent in showcasing the affection they deserve. Learning what your spouse enjoys out of affection will show them that you truly care about their emotions, feelings and emotional security.

7. How you listen to them when they speak to you. You might listen to your spouse, but are you really listening? It's easy to hear what your spouse said, but it's a completely different thing to understand it. Being present is key, and I don't just mean physically. It's easy to be standing in front of your spouse, but your mind is still 1,000,000 miles away. Work, emails, business opportunities and more—put them away!

These are all things that keep us from truly engaging with our

significant others when they are communicating with us. Teach yourself to turn it off, and instead, focus in on your spouse when they are verbalizing something to you. Give them the time that they deserve. Take the time to truly listen.

8. How you handle seemingly impossible situations. When impossible knocks at your door, how do you handle yourself? When your account gets wiped out by fraud, what will be your next course of action? When a family member comes down with a life-threatening illness, what is your immediate response? We will all be remembered for the way we handle seemingly impossible situations.

While nobody is perfect at responding to these type of things, choosing to trust God, be patient and slow to speak is always the right choice. It may not always be easy, but it will always help calm the nerves of everyone who is involved. Be a person that people can look to in times of trouble, and lean on when the storms of life hit.

9. Whether or not you keep your promises. I'm really bad at keeping promises. It's not that I deliberately ignore the promises I've made, I guess I just say "yes" to so many things that I often forget 75 percent of what I've committed to. When it comes to my marriage, I've realized the importance of keeping my promises, regardless of how small I think they may be. If you promised your spouse time together, then make sure you spend time together.

If you promised your spouse a day without interruption, then make sure you turn off your electronics and focus solely on them. If you promised a weekend of intimacy and connectivity, then make sure you say no to other opportunities, even if you think those opportunities are once in a lifetime. You cannot afford to let down your spouse, especially when you've made them a promise. You want your word to have value. The second it no longer harnesses validity is the second you're in trouble.

10. Your spiritual walk. Do you pray? Make church a priority? Read your Bible? Surround yourself with God-breathed community? If not, then there is a good chance your spouse's remembrance of your spiritual walk is anything but favorable. Your spiritual journey plays an important role in life, and I believe the way we treat our spouses are sometimes a direct reflection of our spiritual fuel tank.

Allow God to direct your steps, teach you humility and encourage you to continuously strive to be a better mate. When you learn to put God first, your marriage will come anything but last. Make your spiritual walk a priority.

What else will your spouse remember about you? Leave a comment below.

Jarrid Wilson is a husband, pastor and author relentlessly sharing the love of Jesus. For the original article, visit [here](#).

Painful Laughter: Waiting for a Healing

Faith is useless. At least, that's the thought I continually had to take captive.

My heart focused on the pain instead of God's healing presence. Years ago, my belief in His power and love for me was tested.

On March 27, 2006, one day after a life-changing trip to Israel with my parents and older sister, the unthinkable became reality. My father had a stroke.

The expression on my sister's face brought a sick feeling to

the pit of my stomach. She began to cry as she shared the news with me. My first reaction was "God, help us!"

Years have passed since I first saw my dad lying on an emergency room bed hooked up to machines. Thinking back, I remember the uncertainty of that time and how what used to be simple for him wasn't so easy anymore.

My father's attempts to walk to the car or to open a bottle of water brings those memories to mind again. The stroke left him paralyzed on his left side. He walks with a cane, jerking his left leg forward to make the next step. When his throat is dry, he coughs as he struggles to take the bottle cap off with his good hand.

God has brought him far and I believe for his continued healing. These days, he's as independent as he can be. He enjoys rolling the windows down and driving himself 1.5 hours to visit my granddad twice a week, using a right-handed device on his steering wheel.

Something as traumatic as a stroke also can affect a person's mind and emotions. And I've seen that too. Although Dad was never afraid to show how he feels; situations that never prompted strong emotions before do now. At first, there were times when he would weep uncontrollably. He'd then burst into laughter. Even in silence, he'd smile as he tried to open his eyes to see through the tears.

I'd end up crying and hugging his neck as I laughed along with him. It's difficult to hear a loved one weep, but I'm thankful for the sounds of unexplainable laughter that followed.

It's tough to watch someone you love go through a serious health crisis. You feel helpless and hopeless. There's nothing you can do to ease their pain or restore their body. If you find yourself in that situation, just know that God can simply speak a word of healing and all is righted again.

“Ask and it will be given to you; seek and you will find; knock and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks, it will be opened. What man is there among you who, if his son asks for bread, will give him a stone?” (Matt. 7:7-9).

As you stagger through your own ordeal, remember to continually give it to the Lord. Pound on the door until your fists are bruised and heaven opens and pours out healing. Pray without relenting that your loved one is made whole. Have faith, and God will move mountains!

During the first few weeks, my dad spent his days in a sterile rehabilitation hospital room. Each night after visiting hours, despair consumed me. Every step I took away from that building reminded me that he couldn't walk as I could. Guilt ate me up. I felt terrible for leaving him there. I had to let him go night after night kissing him on the head goodbye.

Walking to the elevator and out the doors was grueling. It wasn't fair. I shouldn't have to leave my father in that place. Time alone with the Lord and His encouraging voice helped me more than words of sympathy from anyone else. So, if you need solace, seek out the Prince of Peace. He offers comfort like no other.

God knows life is miserable sometimes. Release your pain to Him. He knows your the heaviness of your sorrow; He bore the weight of His Son's death. God understands your frustration, even when you don't feel like anyone cares—even Him. If you let Him, He'll show you how much He cares for you and your family.

A few months after my father's stroke, I surveyed my heart about my dad's health and wrote this:

“Painful Laughter”

Uncertain where this is leading
God, open Your ears, I'm pleading.
The one thing I never knew, never hoped would come,
a time when my life came undone.

My father lay bruised and broken.
Trying now, I can find a slight hope within.
Seeking hard for what I'm after,
grateful for his painful laughter.

My anxiety calms when I see my father laugh in spite of his
physical weakness. His faith has always been strong, but he's
even stronger now. He walks the best he ever has—with our
heavenly Father.

This article is officially ending with a "to be continued."
When he gets his full and complete healing, there will be a
new story to tell.

For the original article, visit .

Here's Some Hope for Migraine Sufferers

Migraines plague over thirty-seven (37) million people each year. Sufferers range in age from fifteen to approximately fifty-five, as noted by the National Headache Foundation (NHF). Surprisingly, three-fourths of sufferers have relatives with migraines.

Ginger is being used to help migraine sufferers abroad. The flower plant holds a small amount of antihistamine qualities as well as helps with inflammation. Ginger is also being used

in cancer treatments although more scientific studies are needed to fully understand benefits.

NHF speaks of a certain Denmark individual who added around 600 milligrams of powdered ginger to water at the onset of migraines. After drinking the solution, symptoms of the headache were minimized within one half hour. NHF agrees more research is needed to provide evidence to the effectiveness of using ginger to relieve headaches.

Symptoms & Causes

Migraines can create horrible symptoms for many individuals. They can vary in intensity creating pain on either side of the head, or both. The addition of physical activity can trigger a migraine in specific individuals. Vomiting is also not uncommon for those searching for relief.

In looking at causes of migraines, there are many possible factors. Fatigue can trigger migraines, as well as other stressors in life. Food allergies are also a possible trigger along with changes within the hormone levels of the body.

Dr. Oz Provides Insights

Dr. Oz provides some insights into the positives of using natural ginger for headache relief. He has reviewed studies and feels the use of ginger can help to shorten muscle pains, body aches, aid with migraines, and the ginger works naturally against inflammations.

Ginger can be utilized in a variety of ways by those individuals who have migraines. Fresh, grated product can be added to boiling water, followed by allowing it to cool (to drink). The existing vapors can be inhaled providing relief to the individual. Another option is creating a ginger paste to place on the forehead and temples. The paste can be created by using a dry powdered form of ginger mixed with lukewarm water.

A natural homemade-gingered ale also offers another option to family members. The solution can be quickly created with very little effort. Items can be kept on hand for times of need.

Natural Home Made Gingered Ale Recipe

Ingredients Needed:

4 c water

1 c ginger, peeled & grated

1 tsp raw honey

Carbonated water, sparkle

2 limes, juiced

Prepare four (4) c of water to near boiling. Add prepared ginger while lowering heat cycle to simmer for approximately five (5) minutes. Strain mixture. Use liquid to add to sparkle water, lime, and the honey to preferred taste.

Remember: Always consult your physician regarding diseases and ailments.

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For the original article, visit .

What to Do When You Get a Bogus Prophetic Word

Whether I'm speaking at churches, making intercession at the Awakening House of Prayer at home, or sitting behind my computer, I can count on getting at least one prophetic word every week. It's like clockwork.

That may sound awesome, and it may be if they were accurate. Unfortunately, many of the prophecies that are announced, decreed and declared over my life are absolutely bogus. In other words, these utterances did not emanate from the Spirit of God.

Don't get me wrong. I certainly don't despise prophecy. In a revival setting, I'll prophesy over just about anybody you put in front of me. But I appreciate responsible prophecy—prophecy that the giver has judged before they start announcing massive directional shifts in my life and ministry.

Three Sources of Prophecy

There are three sources of prophecy: the human spirit (Jer. 23:17), a demon spirit (Jer. 23:13) and the Spirit of God (2 Pet. 1:21). I've received prophecy from all three sources, and I can tell you assuredly that I much prefer prophecy from the Spirit of God the best.

Prophecy from someone's human spirit may sound good, but it's not God. It may edify you—or it may flatter you. Flattering prophecies aren't prophecies at all; they are soulish or carnal utterances that seek to manipulate and often release witchcraft against you.

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Likewise, prophecy from a demon spirit may sound good, but it's not God. Remember the girl with the spirit of divination in Acts 16:16? She followed Paul and his team around shouting, "These men are servants of the Most High God, who proclaim to us the way of salvation." That was true, but it wasn't helpful to Paul's mission. Prophecies from demon spirits breed confusion, fear, jealousy and other ungodly outcomes.

But I'm always ready to receive Holy Spirit-inspired prophecy, which is the testimony of Jesus (Rev. 19:10). A word in due season can edify, comfort and exhort. The right word at the right time can warn us from heading in the wrong direction. Holy Spirit-inspired prophecy aligns with the Word of God because Father doesn't speak with a forked tongue.

When You Get a Bad Word

Every morning when I wake up, I break word curses that are being released over my life. I liken these to the devil's prophetic utterances. I am not being paranoid or rote in this exercise. I can feel the words dangling out there in the spirit realm—and oftentimes I can hear them. Sometimes my email inbox is full of them.

It's easy enough to break word curses in your bedroom. But what do you do when you get a bogus prophetic word in a public setting? What do you say to someone when they race up to you and declare "by the Spirit of God" that you've done so well in your current assignment that God is moving you to another ministry when you know right well that's the opposite of His will?

I write a lot about this topic of judging prophetic words in my book: *Did the Spirit of God Say That? 27 Ways to Judge Prophecy*. Some questions to ask are: Does the prophecy glorify Jesus? Does the prophecy agree with Scripture? Does the prophecy produce freedom? But again, after you've judged the prophecy to be poor, erroneous, flat out wrong or false, what

do you do?

Confronting Poor Prophecy

It's a difficult question to answer because it depends on various factors. Earlier this year, a woman came into Awakening House of Prayer earlier this year out of nowhere, boldly approached me, laid hands on me and started spewing false prophecies about how discouraged I am and how she sees I'm about to give up. Besides the fact that she totally missed it, there was no redeeming value to the word—not edification, exhortation or comfort.

I stood in her face and told her I was rejoicing in the Lord because I was in His perfect will and there was no giving up in me; that I was encouraged to be moving with His heart. I wasn't mean-spirited about it, but I was bold and frank with love. Anybody who is bold enough to walk up to a leader with that type of prophetic nonsense needs to hear the truth in love. It turns out she was a witch who left behind an empty bottle of oil and a cloth as a point of contact. We swiftly destroyed it.

Another time I was at a meeting, one of the congregants came up afterward and prophesied a word so directional that it would have changed every facet of my life. Clearly, the word was massively off base. I did not, however, confront her publicly because it would have crushed her heart. Her heart was right, but her prophecy was off. She was misguided and missing it, but I had no agreement with that word so I just let it fall to the ground.

In other words, there's a time to confront people and teach. There's a time to confront and oppose. There's a time to let it slide and break it off later. And there's a time to pray into a prophetic word that doesn't sound like it could be right but may be. (I got such a word about a year ago that bothered me to the core, and it turned out to be true. My

spirit bore witness, but my soul was disturbed until I saw it manifest.)

My advice to you: “Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world” (1 John 4:1). If you get a bad word, don’t come into agreement with it publicly or privately. Break every word that is not coming from the heart of God and speak what you know to be His will over yourself.

Billy Graham: What Does It Mean to Be Poor in Spirit?

In a world often driven by material possessions and financial gain, the concept of seeking to be poor in any facet of life seems counterintuitive. Billy Graham explains why spiritual poverty is critical for believers growing in their relationship with Jesus Christ:

Q: What does it mean to be poor in spirit, as Jesus said we ought to be? I don’t understand this, because it seems to me that we ought to strive to be rich in spirit, not poor. Or am I missing the point?

A: Your confusion is understandable; after all, the Bible does warn us against being empty and impoverished in our souls, and urges us to seek spiritual riches instead. Jesus said, “For where your treasure is, there your heart will be also” (Matt. 6:21).

But Jesus also said that there is another kind of spiritual poverty—one we should seek. He said, “Blessed are the poor in

spirit, for theirs is the kingdom of heaven" (Matt. 5:3). What did He mean? Simply this: We must be humble in our spirits. If you put the word "humble" in place of the word "poor," you will understand what He meant.

In other words, when we come to God, we must realize our own sin and our spiritual emptiness and poverty. We must not be self-satisfied or proud in our hearts, thinking we don't really need God. If we are, God cannot bless us. The Bible says, "God opposes the proud but gives grace to the humble" (James 4:6).

Pride can take all kinds of forms, but the worst is spiritual pride. Often the richer we are in things, the poorer we are in our hearts. Have you faced your own need of Christ? Do you realize that you are a sinner and need God's forgiveness? Don't let pride or anything else get in the way, but turn to Christ in humility and faith—and He will bless you and save you.

For the original article, visit .

Definition of a True Winner: Spending Quality Time With Your Children

Greg, a *Play of the Day* subscriber, wrote us the following:

"I was promoted to the General Sales Manager position of a local radio station not long after my first child was born. That position required days of long hours that usually ended with a meeting with the owner of the station to wrap things up

and plan for upcoming events. Because of that, I had missed out on a few opportunities to be home when my daughter went to sleep and, sometimes, left the house before she woke up.

I mentioned that to the owner in one of those meetings. He said that being a “winner” in the position I was in would require me to “miss some parties and special events in your daughter’s life, but she would never remember whether you were there or not.” My immediate thought at the time was *I would remember I was not there.*

I did not stay long on that job. I was at those special events to watch her grow up and I remember all of them. She was married in March and I miss having her around now, even though I know she is happy. But I do not have the regrets of not being there as she grew up.”

The true definition of a winner is someone who spends lots of meaningful time with their children. Here are 10 ways to spend time with family in a meaningful way:

1. Sitting together reading a book aloud (bedtime counts).
2. Hiking or camping with them.
3. Teaching them to play chess.
4. Teaching them to play dominoes (and how to win and lose gracefully).
5. Building and flying a kite together.
6. Building and racing a Pinewood Derby car together.
7. Making up a story one paragraph at a time (you start, he does paragraph 2, you do paragraph 3, etc.).
8. Teaching them basic cooking skills (8 years and up).
9. Teaching them how to critique a movie (teens).

10. Taking them to work with you at a homeless shelter.

For the original article, visit .

5 Nutritious Foods You Should Eat Every Day

We all know how important it is to eat a wide variety of foods. The more different kinds of foods we eat, the more likely it is that our bodies will get all the substances they require for good health and high energy.

But there are exceptions, world-renowned nutrition expert and Olympic athletic coach Dieter Hogen tells *Newsmax Health*.

“Some foods are so good for you that you can and should eat them every day,” says Hogen, who created a nutrition and training regimen in the 1990s that changed the elite athletes’ training programs forever.

“Indeed, they can become important pillars of your nutritional program that keep you in good shape for many years to come.”

Here are five foods Hogen recommends eating every day:

1. Nuts and seeds. They all have one thing in common: They provide high amounts of a wide variety of healthy fatty acids. The fact that they also contain lots of fiber, essential amino acids, and powerful antioxidants makes them highly nutritious, disease-fighting foods. “I include ground flax seeds in my daily smoothie and have walnuts as a snack,” Hogen says.

2. Omega-3 foods or supplements. We simply can’t live without omega-3 fatty acids. They are called “essential” fats for good

reason—they are necessary for proper functioning of many body parts, including the brain, ears, eyes, glands, heart, skin, and joints. Good vegetarian sources of omega-3s are flax, chia, and hemp seeds and their oils. But the best sources of bioavailable omega-3 substances EPA and DHA are omega-3 eggs and small, cold-water fish like salmon, herring, trout, and sardines.

“On days when you don’t eat any of these, take the recommended dose of a contaminant-free omega-3 supplement,” Hogen advises. “I eat omega-3 food every day, but also take a wild salmon and krill oil supplement each day.

3. Herbs and spices. They are extremely high in many kinds of powerful, cancer-fighting antioxidants and improve digestion. They stimulate our senses and make eating a much more rewarding experience. “I wouldn’t want to live without,” Hogen says. “Basil is my favorite because it goes so well with tomatoes and tomato sauces. I’m also big on pepper, turmeric, dill, cilantro, and many others.”

4. Low-starch vegetables. Low- and non-starch vegetables have high water and fiber content, but are low in calories. The carbohydrates they contain are slow digesting, and therefore stabilize blood sugar. They are powerhouses of antioxidants, containing extremely high amounts of vitamins, minerals, and cancer-fighting phytochemicals.

Dark green leafy vegetables like kale and chard have been identified as the most nutrient-dense foods on earth. Because different colors represent different phytochemicals that protect against different diseases, we like the traffic light approach, combining green, yellow, and red ones as often as possible.

“There can be just one message: Eat as much as you can!” Hogen says. “My favorite vegetable (yes, I know that technically it is a fruit) is the tomato. I love the fact that tomatoes have

so many uses—fresh in salads, cooked in stews, sauces, salsa, ketchup, and more.”

5. Fruit. Sweet, juicy, and refreshing, fruits provide lots of fiber, and just like veggies, are extremely healthy because of the high amounts of vitamins, minerals, and phytochemicals they contain. But there is one little problem – they are high in sugar. Because of that, limit the amount of fruit you eat and stay away from concentrated fruit juices.

“Each day I have three to four servings of whole fruits like an orange, an apple, or a cup of berries. Sometimes I go with mango, pineapple, melon, grapes, or something else that’s in season,” Hogen says.

“Choosing just one product from each of these five food groups and eating it every day will make a big contribution to your health and longevity.”

For the original article, visit .