

# Antibacterial Soaps Can Harm More Than Help

Yet another research team has come out with a report against the use of antibacterial soaps. South Korean scientists discovered that antibacterial soaps only kill more bacteria than regular soaps do, if the antibacterial soaps are exposed to the bacteria for hours.

When the antibacterial soaps and the regular soaps were both used for 30 seconds, both killed the same amount of bacteria.

The active ingredient in antibacterial soaps is a product called triclosan. Current law forbids soap manufacturers from using more than 0.3 percent of it in antibacterial soaps. The South Korean researchers found that such a weak percentage of triclosan means it does not kill more bacteria than regular soap and water. They discovered the percentage of triclosan needs to be much greater than 0.3 percent to kill substantially more bacteria than regular soap.

However, don't let that 0.3 percent of triclosan make you think it's safe. As it turns out, it could be harmful in a number of ways, according to years of research that has even gotten the attention of the Food and Drug Administration.

In fact, the FDA is considering banning triclosan unless soap manufacturers can prove that it's safe.

The FDA is concerned about reports that triclosan causes hormonal disruption. Equally concerning is the theory that triclosan contributes to the emergence of antibiotic-resistant bacteria. This is because when we use antibacterial soaps, the residue goes down the drain and ultimately into our water supply. So we end up drinking the stuff. Plus, the triclosan-tainted water is used to grow the foods we eat.

Remember, we only want to kill some bacteria. Much of the bacteria in our bodies, especially in our gut, are good, and we need them to maintain a healthy immune system. If we do away with all the bacteria in our gut we can suffer all kinds of bowel trouble and more.

So as cold and flu season approaches, remember the best way to prevent against getting sick is to wash your hands often. But just use regular soap and water. Ideally, use warm water and lather for at least 20 seconds, or about the time it takes to sing the “Happy Birthday” song twice.

**Lorie Johnson** *is the medical reporter for CBN News. For the original article, visit .*

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## Prophecy: You Can Sound the Alarm, But ...

Nine months ago, I heard in my spirit a strong and clear word from the Lord. This encounter was at a stadium prayer event that changed my mind about the supernatural—and signs and wonders have been following me ever since.

I’ll always remember it. It was January 24, 2015 at The Response prayer rally in Baton Rouge. Thousands of people were crying out to God for our nation when I heard the words below in that still small voice I so love. I’ve waited nine months to release them on this platform because I wanted to gain a deeper understanding of what the Lord was saying—and I was waiting for His timing. I believe the time is now. Here is the prophecy:

“My blood is sufficient. My covenant is sure. 2

Chronicles 7:14 is truth. You need not operate in fear but embrace the power to cleanse that's inherent in repentance. I want to cleanse America. But it starts with purifying your hearts.

"The church in this hour must herald the message of repentance in the same way as preachers in the Voice of Healing movement heralded the message of healing. Then will you see the manifestation of My presence and the wells of the supernatural will be unlocked and many who are lost will be restored to My love.

"It starts with the message of repentance. This is the message that I need you to shout from the rooftops in this hour. Everything the church needs to fulfill her call in this hour flows from a contrite heart. You can sound the alarm but without repentance it will fall on deaf ears.

"Many are entering eternity every day without My Son because they have not heard this message. Some of them are sitting in the church right now. Start there with this message and it will position the church to rise up in My power for My glory."

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When I asked the Lord how the voice of healing preachers heralded the message of healing, He gave me three points: repetitive, passionate and scriptural.

The Voice of Healing preachers were repetitive. You heard many of the same core messages about God's power to heal and deliver over and over again in these tent meetings. The Voice of Healing preachers were passionate. Think of A.A. Allen jumping up and down and Jack Coe's exuberant singing. And, of course, the Voice of Healing preachers were scriptural. These preachers knew that faith comes by hearing and hearing by the Word (see Rom. 10:17) and they kept their messages in line with the Word of God.

## Two-Sides to One Word

After much prayer, I've come to the conclusion that there are two sides to this prophetic word: We need to repent in the sense that we need to ask forgiveness of our sins and stand in the gap for our nation. Indeed, we need to see repentance in the church—widespread repentance. But it's not just changing the way we think about sin—and turning away from it—that is required in this hour. We need to change the way we think about the supernatural.

When Jesus rebuked the cities of Chorazin and Bethsaida for not repenting after they saw the mighty miracles He did (see Matt. 11:20-21), that word repent is the Greek word "metanoeo." Metanoeo means "to change one's mind, i.e. to repent; to change one's mind for the better, heartily to amend with abhorrence of one's past sins."

The spirit of religion, along with a lukewarm mindset, prayerlessness and the tradition of men, has all but killed miracles, signs and wonders in our churches. Paul saw this threat in his day, which is why he gave his spiritual son Timothy this advice about those in the church that "have a form of godliness but deny its power." In 2 Timothy 3:5 he said, "Turn away from such people."

We need to turn away from thoughts that limit God in our lives. We need to turn away from a powerless expression of the gospel. We need to turn back toward faith in God to heal the sick, cast out demons and, yes, even raise the dead. God is a God of miracles! Jesus walked on water. Jesus healed a man born blind. Jesus healed the deaf and dumb. Jesus fed many thousands of people with a few loaves and fishes—more than once. Jesus raised people from the dead. Jesus healed a man's withered hand. Jesus turned water into wine. Jesus healed a paralytic.

## Getting Back to the Great Commission

I could go on and on—and it wasn't just Jesus. The apostles and the disciples in the book of Acts did miracle after miracle—even special miracles so that handkerchiefs which Paul had touched were brought to the sick who were then healed (see Acts 19:11-12). And Jesus told them, “Truly, truly I say to you, he who believes in Me will do the works that I do also. And he will do greater works than these, because I am going to My Father. I will do whatever you ask in My name, that the Father may be glorified in the Son” (John 14:12-13).

The supernatural is part of the Great Commission! A lost and dying world doesn't want to engage with a lukewarm religion. In fact, it's obvious that the world finds lukewarm Christianity tasteless. When Jesus issued the Great Commission in Mark 16, He was very clear that “these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.”

We need to repent—to change the way we think about the supernatural. We need to believe God to walk in His supernatural power. People are dying and going to hell because the power of the gospel has not been demonstrated. Religion in many cases has replaced relationship. It's time to press into what God wants to do in this hour—and I believe He wants to restore the supernatural to the church in a convincing way. Like Paul, inspired by the Holy Spirit, said: “For the kingdom of God is not in word, but power” (1 Cor. 4:20). {eo}

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## 10 Things a Believer Will Never Regret

A life modeled after Jesus is hands down the greatest life one could ever live. And while a life apart from Christ may be filled with many toils and regrets, there are many things you will never regret doing when it comes to life as a believer:

**1. Praying (1 Thess. 5:17).** Prayer brings us closer to God, His love and His sovereignty. When we pray, we are in direct communication with the one who created us. Praying may not always be easy, but it's something that's always worth it.

**2. Giving your life to Christ (Rom. 12:1).** I cannot recall anyone who has ever regretted encountering the love, grace and almighty purpose of Jesus Christ in their life. It's something this world cannot offer.

**3. Reading your Bible (Ps. 119:105).** God's Word is a life-source for the soul. And while we read the Bible to learn more about God, His direction and our purpose in life, God's presence within our lives will continue to grow stronger.

**4. Putting others before yourself (Phil. 2:3).** Humility is key. No one in their right mind has ever regretted finding a sense of humility in their life. Seeking after Jesus will continuously chip away our pride, and, in turn, teach us to put our neighbors before ourselves, as well as think of

ourselves less.

**5. Loving your neighbor (Mark 12:31).** We love because God first loved us. Jesus' sacrifice on the cross is the definition of love itself, and our calling as Christ followers is to love our neighbors, no matter the circumstance. Many people have regretted ignoring their neighbors, but nobody has ever regretted loving them.

**6. Extending grace (Matt. 6:15).** None of us deserve God's grace but He continues to showcase it anyway. We are broken, messed up and jacked up people, but because of grace we are free from the bondage of our past. Extending grace to others will free us just as much as we think it will bring them peace.

**7. Allowing God to guide you/having faith (Prov. 3:6).** You won't regret allowing God to guide you. Why? Because God's plan in life is for you to embrace His will, trust His promises and fulfill the calling of the Great Commission. Following God's guidance isn't always easy, but it's definitely always worth it.

**8. Resisting temptation (James 4:7).** Temptation will lead you down a path contrary to that of God himself. As Christians we are called to flee temptation, and instead pursue the path that Jesus has laid out before us. Temptation leads to sin, and sin always leads to regret.

**9. Taking refuge in the arms of God (Ps. 118:8).** God is our protector, comfort and shield in times of need. The arms of God are a refuge for those who need it, and relying on his strength is something you will never regret doing. Take comfort in the arms of God, and understand that there is no safer place to be.

**10. Abstaining from sexual impurity (1 Cor. 6:18).** Purity paves the way to intimacy. And although our culture has turned sex and promiscuity into a hobby, God's yearning for our lives

in and out of marriage is sexual purity and abstinence from extramarital relations. Watching porn, having sex before marriage, and engaging in relationships outside of one's marriage are all things you will regret in the long run.

Stay focused on God's plan for your life.

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

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## **Daniel Kolenda: Delayed Obedience Is Nothing More Than Disobedience**

Procrastination is the devil's best friend. The devil knows that delayed obedience is disobedience. The devil knows "tomorrow" never comes.

Many people have missed salvation not because they rejected it, but because the devil convinced them to just put it off for a little while. He convinced young people that they have plenty of time. He convinced others to wait because of relationships or pet sins they were not ready to forsake. The devil knows there will never be a more perfect opportunity to follow Jesus than when He calls.

Have you ever heard someone quote the verse that says, "Today is the day of salvation?" Actually there is no such verse in the Bible. Second Corinthians 6:2 actually says, "Now is the day of salvation" (emphasis added). To say "today is the day" is not urgent time is *now*!

If a person is drowning, he doesn't need to be rescued

sometime today. He needs to be rescued *now*! When Jesus calls, He doesn't mean "get back to Me sometime today." He means answer *now*! Don't procrastinate! Don't wait! Respond immediately, forsake everything that holds you back and follow Jesus! Delayed obedience is disobedience.

Let me take a moment to especially address those who have the evangelistic calling as I do. Jesus said to that young man in Luke 9:60, "Leave the dead to bury their own dead. But you go and preach the kingdom of God." When it comes to God's will for your life, this matter of answering God's call is especially urgent for those who have been called to preach the gospel.

Imagine that you are a doctor. In fact, you are the best doctor in the whole country, and there is a deadly plague sweeping through. All around you people are dying left and right. You are the only one who knows how to cure the disease. You are the only one who has the vaccine. You are rushing to the hospital to save hundreds of patients who are on their deathbeds when someone on the side of the road calls out, "Hey, you. Come over here and help us bury these dead bodies." You would reply, "I'm sorry. I cannot help you. I'm too busy saving lives to bury bodies."

My friend, we have the most critical of all mandates. All around us people are perishing by the millions. We have the answer for the plague of sin and death. "Little children, it is the last hour" (1 John 2:18, NIV). The need could not be more urgent, and the time could not be more appropriate. There are a lot of good causes that need someone's attention, but none are more important than the call to preach the gospel. We need to let someone else do the "good" things while we stay focused on the most important thing—winning souls! We are not called to bury the dead—we are called to raise the dead!

*Note: This Bible study was taken from Chapter 14 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.*

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## **3 Things 'Wives Must Submit to Their Husbands' Doesn't Mean**

Biblical submission is a highly controversial topic in today's society, and I believe the definition has been twisted and molded into something it was never meant to become.

I believe submission within a marriage goes hand in hand. And while many people like to spin Scripture in order to hold an iron first over their wife, I believe God's intention for marriage was something quite different. It was never meant to be about control. It was never meant to be about ownership.

### **Our Household**

When it comes to the Wilson household, my wife and I have come to the agreement that we will discuss big decisions as a couple—all in hopes that we are truly seeking what is best for our family in the eyes of God. Your household might be run a little bit differently, and that's OK. The point is to come to a decision that you can both get behind as a married couple.

My wife has entrusted me with leading our family, but that doesn't mean I am the almighty dictator. In fact, it's quite

opposite. I never make decisions without her. I value my wife's opinion and voice just as much as I do my own. It's an honor to lead our home together, and the reality is I couldn't do it without the support and wisdom of my wife.

She's a champ. We do it together and that's how it should be.

### **What Does the Bible Say?**

*"Wives, be submissive to your own husbands as unto the Lord. For the husband is the head of the wife, just as Christ is the head and Savior of the church, which is His body. But as the church submits to Christ, so also let the wives be to their own husbands in everything."*

*"Husbands, love your wives, just as Christ also loved the church and gave Himself for it, that He might sanctify and cleanse it with the washing of water by the word, and that He might present to Himself a glorious church, not having spot, or wrinkle, or any such thing, but that it should be holy and without blemish. In this way men ought to love their wives as their own bodies. He who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord cares for the church. For we are members of His body, of His flesh and of His bones. 'For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall be one flesh.'" This is a great mystery, but I am speaking about Christ and the church" (Eph. 5:22-32, MEV).*

After reading through those passages of the Bible, it's clear what God's intention for marriage is. But while the intentions seem clear to me, I believe many others have interpreted these words for their own benefit. Let me explain ...

Here are three things *"Wives Must Submit to Their Husbands"* doesn't mean:

**1. A husband gets to bully his wife around.** Biblical

submission and bullying don't mix. Let's not forget that Ephesians 5:25 states that a man must love his wife as Christ loved the church. Christ never bullied his people but instead loved, cared and nurtured them on a daily basis. Let's also not forget that Ephesians 5:28 states that husbands must love their wives as their own bodies. When putting both of these verses into personal application, a husband is not to bully nor control his wife, but instead love and nourish her the way Jesus loves his own people.

*"My wife has entrusted me with leading our family, but that doesn't mean I am the almighty dictator."*

**2. A wife must submit to whatever her husband says.** A man isn't his wife's boss, nor is he her slave master. Being a man doesn't give one any special treatment in the eyes of God, nor does it give someone the freedom to make one's wife do whatever he pleases. This isn't a dictatorship. Mutual respect and honor must be present in any marriage that is yearning to last the test of time.

**3. A wife has no say in decision making.** As much as some men would like it to be, this isn't true either. Marriage is a joint effort. And although some households might decide on giving the man the final say in big decisions, one must understand that a woman's voice is just as important if not more in certain circumstances.

The Bible states that a man and woman will become one flesh in the eyes of God, which means both parties must work together for the betterment of their marriage, family and life.

**Jarrid Wilson** is a husband, pastor and author relentlessly sharing the love of Jesus. For more from Jarrid, visit .

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# Will This Year's Flu Vaccine Be Another Colossal Failure?

It's fall, and health officials are beginning their yearly push to convince Americans to get the latest version of the flu shot.

Last year's vaccine was a tremendous dud—a new strain of H3N2 influenza emerged after the vaccine was formulated, and the shot was a poor match. Even the Centers for Disease Control and Prevention (CDC) admitted it did little to protect against flu.

This year's vaccine has been designed to protect against the new H3N2 strain, and the CDC hopes it will be a good match for this year's virus, although the agency admitted in a recent advisory that it's impossible to predict the upcoming flu season.

Should you get the new vaccine? The CDC says “yes,” and CDC Director Tom Frieden, M.D., got his yearly shot during a news conference meant to convince others to follow suit.

Not so fast, says holistic family physician David Brownstein, M.D. “In the past, the flu vaccine hasn't worked for most of us, and there's no indication that it will this year,” he tells *Newsmax Health*.

“The flu vaccine has been around for over 30 years, and there is not one single study showing that any flu vaccine has helped prevent the flu in the majority who receive it,” says Dr. Brownstein, author of the newsletter *Dr. Brownstein's Natural Way to Health*.

“Nor has it been shown to prevent flu complications, such as pneumonia, hospitalizations and death, in well over 90 percent who receive it. As usual, they are taking their best guess as

to which strain of flu will be predominant, but they have no way of being sure," he says.

Even when the flu vaccine matches the circulating strains of influenza, the shot performs poorly, and does not offer 100 percent protection, Dr. Brownstein argues.

"Whether they are right or wrong, the cases of flu are about the same whether the vaccine is a good match or not because flu shots don't work," he says. "A review of 50 studies that included more than 70,000 adults found that 100 people needed to be vaccinated to avoid one case of flu. That means the vaccine failed 99 percent who took it—they received no benefit at preventing the flu."

Although seniors are especially urged to get the flu shot, some experts say it doesn't protect older people, and the government knows it.

Investigative reporter Sharyl Attkisson says the government has ignored numerous studies showing the vaccine was ineffective in the elderly, and a 10-year-old study was ignored because the results weren't what were expected.

"It found that after decades and billions of dollars spent promoting flu shots for the elderly, the mass vaccination program did not result in saving lives," Attkisson wrote. "In fact, the death rate among the elderly increased substantially."

Dr. Brownstein agrees.

"There are no good studies showing that the flu vaccine is effective for seniors," he says. "When you take apart and break down a recent study that the government uses to promote the flu vaccine to senior citizens, you'll find that 217 elderly people had to take the high-dose flu vaccine to prevent a single case of flu – that's a 99 percent failure.

“In addition, every single person was exposed to possible adverse effects. It’s vital to always bear in mind that the flu vaccine can cause side effects, including Guillain-Barré Syndrome (GBS), and has been linked with narcolepsy in children and an increased risk of Alzheimer’s.”

He also points to a study published in the *International Journal of Obesity* which found that flu shots aren’t effective in obese people.

Johns Hopkins scientist Peter Doshi, says that although the vaccines are being pushed on the public in record numbers, they are less effective and cause more side effects than admitted by the CDC.

Dr. Brownstein also notes some formulation of the flu shot contain trace elements of mercury and formaldehyde. Although CDC and other health authorities say these preservatives are at levels so low they pose no harm, Dr. Brownstein disagrees.

“There is simply no justification for injecting any living being with mercury or formaldehyde, especially pregnant women,” he says. “I guess I could encourage people to get vaccinated if the flu vaccine actually worked and did not contain toxic additives, such as mercury and formaldehyde. But it doesn’t work, and it does contain toxins, so I advise people to avoid it.

“There’s no real reason to believe that this year’s vaccine is going to be any better than in the past.”

*For the original article, visit .*

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# How to Win the Battle of Sexual Temptation

When World War I broke out, new military technologies were brought to the battlefields. Tragically, military leaders continued to use outdated strategies leading to catastrophic outcomes.

Open-field charges of enemy position may have worked in the 19th century, but in the new era of the machine gun, it was a disaster. War became more complex and new fighting techniques needed to be adopted.

Our world continues to change every day requiring us to adapt, particularly with technology. One of the biggest dangers to marriages is in the area of sexual temptation. It leads to relational issues and, too often, failed marriages.

This has been true throughout history. However, changing definitions of appropriate clothing and the emerging media-saturated culture filled with sexually charged images have made the battlefield more complex.

Recently, All Pro Dad Founder Mark Merrill spoke with Steve Arterburn, author of *Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time*. Mr. Arterburn has counseled numerous men and women on this issue on the front lines. He shared with us some important ways of fighting temptation that will lead to more fulfilling relationships.

Here's how to win the battle:

## **Building Restraint**

Fighting temptation starts by building the discipline of restraint. Those who desire to resist sexual temptation must possess the ability to deny themselves instant pleasures. That

ability doesn't just appear, it needs to be built. Think about it like training for a marathon. No one can run twenty-six miles without doing many smaller distance runs that lead up to it. Eventually, muscles and endurance are strengthened for the longer runs. Building up the ability to resist sexual temptation starts with practicing small denials.

Consistent small acts of discipline become habits that form strong character.

### **Control Your Eyes**

Images you view will form a photo album or video library in your brain. The more time you spend looking at something the more those pictures become vividly clear and permanent. That library profoundly affects our feelings and attitudes, particularly about our spouses. It becomes easy to compare them to the images we house. Practice the discipline of bouncing your eyes away from things that awaken sexual desire apart from your spouse. Reserve those looks for what belongs to you—your wife. Looking solely to her to awaken those desires will increase your wife's attractiveness in your mind make it easier to connect.

### **Protect the Mind**

There are thoughts, images, and ideas that will enter our minds. When they do, we have a decision to make. We can either continue to think about them or escort them out. The problem occurs when we get a tempting or potentially destructive thought that we nurture rather than eliminate. If there are things that enter your mind that don't belong there, practice the discipline of stopping the thought process and changing it to something else. Perhaps shift the focus again to your spouse, God, or other things that are right to think about.

### **Be Open and Honest**

Finally, it's easy to justify something that is happening

inside your head. The problem is that those attitudes never stop in the inside. They eventually find their way to the surface in attitudes of discontentment and coldness with a spouse. Even if those attitudes are ever so slight, they push couples in a direction of disconnection. First, be honest with yourself about the impact of giving in to sexual temptation.

Next, find a friend or group of guys that you can be open with about how you are doing in building these disciplines. Give them authority to hold you accountable to living a higher standard and provide them with the same encouragement. We were never meant to do this alone.

If you would like to listen to the interview of Steve Arterburn by All Pro Dad Founder Mark Merrill, [click here](#).

**BJ Foster** is the Content Manager for All Pro Dad and a married father of two. For the original article, visit [here](#).

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## The H.O.N.O.R System: 5 Keys to Prioritizing Fitness

I conducted a survey earlier this year. My aim was to find out what, among women (Christian women, more specifically), are the biggest obstacles that hinder them from working out and eating right.

It will probably come as no surprise to you that half of the participants answered that “time” was the biggest hindrance. Twenty-five percent answered “kids” (or “KIDS!!!”), 15 percent confessed a general lack of motivation, and 10 percent said they were too exhausted to even think about exercising.

Next, I asked the respondents what their motivations are for wanting to be fit. Again, the results were not surprising:

- 50 percent wanted to **be healthy** for their kids/family.
- 20 percent wanted to feel more **confident**.
- 20 percent wanted to **look better**.
- 5 percent want to do a better job at **keeping up with their kids**.
- 5 percent want to be a **good example** for their kids.

What I *did* find surprising was the absence of one particular motivator, the most important one, if I may be so bold: *to honor God with my body*.

This survey was the catalyst for a message I'll be delivering at my church's women's retreat next weekend. I blogged recently on the distinction between conviction and condemnation, and I wish to reiterate that though this talk may be hard hitting for some in the audience (and in the blogosphere!), it is certainly not my intention to demoralize or criticize.

On the contrary, I want to uplift, encourage, and inspire women to embrace God's plan for their bodies by surrendering *all* to Him: their eating habits, their excuses, their schedules, their self-consciousness, etc.

Being challenged and urged out of our comfort zones isn't easy, and heaven knows it pains our egos. But in the end, it only strengthens and matures us in ways we never could have foreseen or imagined. But we must first cast aside our pride and let the Word of God and His Spirit minister to our hearts and, if needed, **transform our minds**.

My foundational verse for marrying faith and fitness is 1 Corinthians 6:19-20:

"What? Do you not know that your body is the **temple of the Holy Spirit**, who is in you, whom you have received from God,

and that you are not your own? You were **bought with a price**. Therefore glorify God in your body and in your spirit, which are God's." (MEV, emphasis mine).

So, as you have probably inferred, the ". System" I've devised is in honor (no pun intended) of the latter part of the aforementioned passage. Below are five keys that I have found indispensable and truly life-changing when it comes to placing the Lord at the center of my fitness. I'm convinced that when He is Number One, all the workout/eating right obstacles you can think of will fall by the wayside, and more than that, you'll feel **more motivated than ever**.

### **H: Have Time with God Every Single Day**

Think of your time with the Lord as a shower for your spirit and soul. Just as the accumulation of dirt and sweat and germs makes us filthy every day, so too does the muck of the world that enters through our eyes and ears, and even our hearts and minds when we allow sinful thoughts to enter in.

Our souls (mind, will, and emotions) are constantly bombarded, no matter how hard we try to guard them, by filth that builds up over time and corrodes our motivation and desire to please God with our every action. His Word is the cleansing bubble bath, if you will, that we need to wash away the grime and begin each day fresh and invigorated to live life on purpose for the Lord.

*"For a day in Your courts is better  
than a thousand elsewhere.*

*I had rather be a doorkeeper in the house of my God  
than to dwell in the tents of wickedness.*

*For the Lord God is a sun and shield;*

*the Lord will give favor and glory,*

*for no good thing will He withhold*

*from the one who walks uprightly."* (Psalm 84:10-11, MEV).

### **O: Obey God's Word**

When you renew your mind with God's Word and refresh your spirit by learning and meditating on His everlasting love for you, His Spirit will begin to move and whisper within your heart. It will encourage you to prioritize the things that matter most, such as spending more time with your family and your Savior and taking care of His dwelling place—that is, your body.

Here are a few practical tips when it comes leading a healthy lifestyle through everyday obedience:

Give yourself the same courtesy you would give others: The way we speak to ourselves can hold us back or move us forward. Don't marinate in negative thoughts. We are all beloved children of God. Each believer in Christ has the power of the Holy Spirit within him or her. We are all part of a mighty kingdom. Marinate in *that*! When your thoughts are full of optimism, hope, confidence, gratitude, and blessings, so shall your life be.

Don't make food an idol: It is very common to "overthink" food. Sadly, we give it a lot of power. It can generate feelings of worry, stress, and guilt ... and who needs that? We are always searching for the next best diet or magic pill. We put a great deal of hope, energy, and faith into these fads when our time would be much better spent giving it to God. Don't let food become your idol! Stop overthinking it. Keep it simple by choosing the food God created for our bodies. And if you want a cookie from time to time, that's absolutely fine! But don't let it consume your thoughts. Don't waste energy on guilt. Food does not have power unless we give it power.

"Little children, keep yourselves from idols" (1 John 5:21, MEV).

### **N: Negate the Lies of the Tongue**

I hear many women complain about their appearances. From "flabby triceps" to "thunder thighs," no one seems to have

anything positive to say about themselves. The good news is, God has plenty of good things to say! (Jeremiah 29:11; Psalm 139:14). I believe that if we could replace our complaints and curses with praise and thanksgiving, we wouldn't have the physical hang-ups many of us wrestle with. If you find that the last few pounds you need to lose are just "too stubborn to leave" or that your knees just "can't ever seem to feel right" while you work out, think back on how you've been talking; you may have inadvertently placed a curse upon your progress with your own tongue.

So what's the remedy? Praise! Begin praising the Lord for redeeming you, for giving you a second birth by virtue of His Son, for blessing you with gifts, friends, family, and for everything He's done, is doing, and will do in your life. These life-giving words agree with the Word of God and will replace the spirit of dissatisfaction, anxiety, and insecurity with assurance, peace, and confidence.

Hebrews 13:15 says, "Through Him, then, let us continually offer to God the sacrifice of praise, which is the fruit of our lips, giving thanks to His name." The key word in that verse is, "*continually*." No matter the circumstance, no matter your feeling at this moment, praise God with your lips and taste the delicious fruit it produces!

## **0: Optimize Your Time**

There are dozens, perhaps hundreds of ways to overcome the "I don't have enough time" excuse and exercise, from aerobics to Zumba—even boot throwing, which turns out to be quite a popular sport in Finland, according to a trivia game I played recently. But lately, mounting research is showing that the ideal form of exercise is something known as *"."*—high intensity interval training."

A *.* workout alternates between intense bursts of activity and fixed periods of less-intense activity, or even complete rest.

An example is sprinting for one minute and then jogging or walking for two minutes. Repeat that three-minute interval five times for a very efficient, highly effective 15-minute workout.

The benefits of . training are many:

- Little to no equipment required
- Short duration
- Provides health benefits you simply cannot get from regular aerobics, such as a tremendous boost in human growth hormone (HGH), aka the “fitness hormone”
- Leads to significant reductions in total abdominal, trunk and visceral fat, but also can give you significant increases in fat-free mass and aerobic power
- Improves cardiovascular endurance
- Promotes weight loss without muscle loss
- Boosts metabolism thanks to the increased production of HGH

High-intensity exercise, like CrossFit, is tough. But like you read above, *the rewards make it more than worth it.*

### **R: Repeat! (And Respect the Process)**

Show yourself grace in your fitness journey. There will be days, I assure you, when a lack of motivation or perceived lack of ten or fifteen minutes will easily dissuade you from working out or cooking a healthy meal. Don't let the enemy condemn you and tell you you've failed or that you're displeasing God. God loves you, no matter what, but because He loves you, He wants you to be healthy.

On the days your diet is full of sugar, soda, or processed foods, and the only exercise you get is carrying in the groceries, thank God for His grace in loving you with an everlasting love, in guiding you to be fit and strong, and then ask Him to help you get back on track tomorrow.

*“Who shall bring a charge against God’s elect? It is God who justifies. ... For I am persuaded that neither death nor life, neither angels nor principalities nor powers, neither things present nor things to come ...” (Romans 8:33, 38, MEV).*

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*For the original article, visit .*

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## **All the False Jezebel Accusations Need to Stop!**

Jezebel. After decades of battle, this principality remains one of the most popular principalities on the spiritual warfare scene.

No matter where I go, people seem to have “trouble” with Jezebel. Even a nominal Christian I was sitting next to on a plane a few months ago was familiar with this wicked spirit. It seems Jezebel’s fame goes before her. I’ve written a few books dealing with different aspects of Jezebel, including *Jezebel’s Puppets: Exposing the Agenda of False Prophets*.

The problem is, though, that many discerning Christians don’t know who—or what—Jezebel really is. And this unfortunate misunderstanding is driving far too many false Jezebel accusations, ostracizing and wounding people who are not

Jezebels at all. Indeed, labeling someone as a “Jezebel” is one of the most serious allegations you can make against a believer.

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Jezebel hides behind the mask of manipulation and control but let's be clear: Jezebel is not a spirit of manipulation and control. Jezebel is essentially a spirit of seduction that uses manipulation and control as a means to an end. I've said this many times, and I'll keep on saying it because these misguided Jezebel accusations need to stop.

### **What Is the Spirit of Jezebel?**

Again, the spirit of Jezebel is a spirit of seduction. How do I know? Because I've read Revelation 2:20. Jesus offered one of the strongest rebukes in the Bible to the church at Thyatira for putting up with this wicked spirit.

“But I have a few things against you: You permit that woman Jezebel, who calls herself a prophetess, to teach and seduce My servants to commit sexual immorality and eat food sacrificed to idols” (Rev. 2:20).

Jezebel clearly seeks to seduce and often works through teaching and prophecy. This spirit seduces the saints into idolatry and immorality. This spirit may use control and manipulation to do it, but ultimately that's not the end game. In fact, ultimately Jezebel's end game is murder.

If that's not alarming enough, consider that all those who commit adultery with Jezebel will end up on a sick bed. Hey, those aren't my words. Our sweet Jesus said it in Rev. 2:20-23:

“I gave her time to repent of her sexual immorality, but she did not repent. Look! I will throw her onto a sickbed, and

those who commit adultery with her into great tribulation, unless they repent of their deeds. I will put her children to death, and all the churches shall know that I am He who searches the hearts and minds. I will give to each one of you according to your deeds.”

## **Stopping Throwing Jezebel Bombs**

I’ve been part of churches where people are labeled Jezebels shortly after they walk in the door. They are marked with a scarlet letter as controllers and manipulators who want to get close to the pastor for power and position. The reality is they may be controllers and manipulators, or they may not be. The real controllers and manipulators are more often, in my experience, the ones slinging the misguided Jezebel accusations.

An abusive church leader once said he saw a Jezebel spirit superimposed over my body and that I was in danger of giving myself over to Jezebel if I didn’t step in line with his wishes. I was certainly alarmed, so I submitted myself to several pastors outside that church for a thorough examination. One of the pastors asked me a startling question:

“Are you sleeping around?”

“No!” I exclaimed, not understanding why he would ask such a thing.

“Are you leading people away from Jesus?”

“Of course, not!” I said.

“Then you aren’t operating in a Jezebel spirit.”

That set me free and helped me see where the true Jezebel was operating.

Remember, Revelation 2:20: “But I have a few things against you: You permit that woman Jezebel, who calls herself a

prophetess, to teach and seduce My servants to commit sexual immorality and eat food sacrificed to idols.”

Along with “false prophet,” a Jezebel accusation is one of the most serious fiery darts you can throw at a believer. It implies that they aren’t a believer at all but that they are fornicators who will not inherit the kingdom of God and false brethren who are purposefully leading people away from Christ for their own gain.

So, like the headline of this article reads: All the False Jezebel Accusations Need to Stop! And if you do happen upon a person operating in a Jezebel spirit, why not do what Jesus did and give them a space to repent. In other words, try to help them get free instead of automatically chasing them out the door and letting the real Jezebel’s keep running around the church.

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## **What Type of Harvest Do You Hope to Reap Someday?**

What kind of seeds have you planted with your life? What type of harvest do you hope to reap someday? Your harvest and your legacy both lie in the power of the seeds that you plant today.

Kindness is easily planted when the conditions are balmy and pleasant but the vital planting of kindness happens when people are cantankerous, circumstances are annoying and frustration is at an all-time high. It is in those life conditions that kindness will grow a bumper crop!

You choose to plant either seeds of self or seeds of the Holy

Spirit. In order to plant the luscious, vibrant and delicious crop of the Holy Spirit, you must hang out with the Holy Spirit. When you die to self and plant the powerful seed of the Holy Spirit in your life and in your heart, then it is a guarantee that the fruit of your life will be delicious! The juice of heaven's abundance will be running down your chin and you will have more than enough to share with the world around you.

"What is desirable in a man is his kindness" (Prov. 19:22).

The day before I began my first year of high school, my mother called me into our living room for a heart-to-heart conversation. These were the words she spoke to me that memorable day and they have echoed into my life although more than four decades have passed:

"Carol, you are about to begin one of the most important seasons of your life. The memories you create and the friendships you make over the next four years will most likely shape your life in ways that nothing else will. Carol, you will not be the most popular girl in the freshman class. You will not be the most musical, the smartest, the most athletic or the prettiest. But what you can be is the kindest. Make it your No. 1 priority to be the kindest girl in your entire class."

The reason my mother made that life-altering speech to me that day was because her mother had said the exact same words to her the day before she commenced her high school experience. And, as you have probably guessed, I had the exact same conversation with all five of my smart, good-looking, musical, athletic children the day before they began high school.

Determining to plant seeds of kindness will determine the legacy that you produce. "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, meekness and self-control; against such there is no law" (Gal. 5:22-23).

As you begin to choose to taste like the fruit of kindness, you will soon discover that kindness is always gentle and that gentleness is always kind. It is impossible to have one without the other because kindness is never abrasive, assertive or rough. Neither kindness nor gentleness is a characteristic our culture values or promotes. Our culture has deceived us into believing we should demand our own way, walk over people to get to the top and certainly never allow anyone to push us out of the way. The mentality and emotional strategy that is birthed from the culture in which we live demands we say everything we think, feel and believe.

Kindness, which has always been the strategy of God in a cruel and unkind world, talks like this:

- “How can I serve you?”
- “How can I make your life easier?”
- “Is there anything I can do for you?”

“He has told you, O man, what is good; and what does the Lord require of you but to do justice and to love kindness, and to walk humbly with your God?” (Mic. 6:8).

Perhaps God is sitting you down and speaking into your life today. He is reminding you that of all of the characteristics, gifts, talents and abilities you may possess, it is kindness that is of the utmost importance to Him.

“Do you despise the riches of His goodness, tolerance and patience, not knowing that the goodness of God leads you to repentance?” (Rom. 2:4).

What an incredible verse! If God’s kindness leads sinners to repentance ... guess what? The kindness you exhibit to difficult and fractious people just may make a difference in their lives as well. When you choose to be identified with the fruit of the Spirit known as simple kindness, you have the potential to change someone else’s life. Your delicious fruit, which comes from the God’s DNA, may lead someone to Jesus and help undo

the chains of sin.

Kindness is a powerful piece of fruit.

**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: 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 on Aug. 1. Her teaching DVD The Rooms of a Woman's Heart won the Telly Award, a prestigious industry award for excellence in religious programming.