

The Prophetic Significance Behind Confederate Flag Backlash

The Civil War ended in 1865 but the Confederate Flag is still flying proudly today in many southern communities. The red-white-and-blue banner is a symbol of both rebellion and racism that serves as a painful reminder of our nation's history.

Indeed, Ku Klux Klan members still display these flags in their front yards in small southern towns and many retailers sell stickers, T-shirts, bathing suits, earrings, dog suits and other merchandise donning the emblem. The latter is changing in the twinkling of an eye.

Unfortunately, it took a massacre for our nation to wake up to the deep-seated division that the Confederate flag still symbolizes. Less than a week since Dylann Roof, who posed with the Confederate flag online, opened fire on Christians at the Emanuel African Methodist Episcopal Church in Charleston, S.C.—and less than two weeks after a stadium prayer event called The Response was held there to pray for our nation—backlash against the flag is reached a fevered pitch.

This Flag Does Not Represent America

“It’s time to move the flag from the capitol grounds,” Republican South Carolina Gov. Nikki Haley, told a news conference in the state capital, which is about 100 miles from the Charleston shooting that left nine African-American believers dead. “The flag, while an integral part of our past, does not represent the future of our great state.”

Walmart and Sears are putting an end to the sale of products bearing the Confederate flag. Target appears to be taking the same measure. Amazon and eBay are still selling the

merchandise sporting the emblem but industry watchers are expecting retailers en masse to put the end to promoting the sale of the rebel flag in the days ahead.

What, then, is the prophetic significance of the sudden and growing rebel flag backlash? My friend Tammie Southerland, founder of Frontline Ministries who lives in Greenwood, SC, pointed out that the flag has been a major point of contention in South Carolina for a long time.

“To the black community it represents oppression and is a reminder that the South fought to keep slavery. That alone should cause us to consider the need to remove it, for if our brother hurts so should we. But the removal is even more powerful that we realize!”

Southerland offered a quick history lesson: South Carolina pioneered the 1860 Secession. The word “secession” essentially means division. Noteworthy is the fact that revival was sweeping the nation at the very same time that South Carolina signed secession papers in Charleston. In an instant, America went from revival to war. The Civil War raged and revival went underground.

Church Pierce's Prophecy

“Chuck Pierce released a prophetic word in 2005 that revealed the reason South Carolina remained in ugly cycles of division—both in the church and beyond—is because we had not repented of the heart of the secession,” Southerland recounts.

“But, he prophesied, if we would come together in the 12 most populated cities, including the port cities, gathering the five-fold ministry in prayer and intercession, we would break the spiritual repercussions of pioneering secession—and through South Carolina an outpouring of the Holy Spirit and revival would be released! This would pioneer a movement of unity and a message of Jesus like America had never heard! The Lord said we would be called a state of ‘intercession’ instead

of a state of 'secession' or rebellion and division!"

According to Southerland, many believers in South Carolina took that prophecy to heart and have been waging war with that prophetic word—praying it through in intercession. For Southerland's part, she has been preaching and declaring this prophetic word as she's held "Fire on the Altar" meetings—unity-focused mobile 24-hour presence-driven prayer, worship and revival gatherings—across the Carolinas and beyond.

"Press into the heart of the Father and get this prophetic understanding," Southerland urges. "This is amazing! It is happening and Charleston has been the tragic catalyst to bring an outward act exemplifying the heart of unity."

Pockets of true revival are breaking out across America. Want to know more about the next great move of God? Click here to see Jennifer LeClaire's new book, featuring Dutch Sheets, Reinhard Bonnke, Jonathan Cahn, Billy Graham and others.

Jennifer LeClaire is senior editor of Charisma. She is also director of Awakening House of Prayer in Fort Lauderdale, Florida, and author of several books, including *The Next Great Move of God: An Appeal to Heaven for Spiritual Awakening*; *Mornings With the Holy Spirit*, *Listening Daily to the Still, Small Voice of God*; *The Making of a Prophet* and *Satan's Deadly Trio: Defeating the Deceptions of Jezebel, Religion and Witchcraft*. You can visit her website [here](#). You can also join Jennifer on Facebook or follow her on Twitter.

Will the 'Sleeping Giant' Wake Up?

When Messianic Rabbi Jonathan Cahn's book *The Harbinger* hit the *New York Times* best-seller list the week it released in print, I believe the sleeping giant called the church started waking up.

A prophetic warning to the American masses about God's impending judgment on the nation, *The Harbinger* connects undeniable dots between what has happened in the United States since the terrorist attacks in 2001—including a housing market bust and banking industry collapse that led to a \$700 billion government bailout to prop up financial institutions and auto manufacturers—and Israel's fate after it turned away from Jehovah God. Although written as a fictional narrative, the book details how *nine* signs hidden in recent events reveal God's progressive judgment on America.

Here's the message in a nutshell: Cahn believes the Holy Spirit showed him that events such as 9/11, the collapse of Wall Street, and the Great Recession occurred because God lifted some of His hedge of protection from around America. He is certain God is trying to get our attention. He is convinced that God is warning the nation to turn back to Him and used nine harbingers, or prophetic signs, to shake us up and wake us up. *The Harbinger* may anger some; it may scare others. It caused some to fall to their knees in repentance, and it caused others to cry out in intercession.

The release of *The Harbinger* is what you could call a "kairos moment"—a supreme moment in time when God sent a prophet with a "you need to hear this and repent" message to America. Notice I say "to America"—not just the church in America. Cahn's message about an ancient mystery that holds the secret to America's future transcended the Christian market to become

a mainstream phenomenon that, at the time of this writing, is still on the *New York Times* best-seller list nearly three years later.

The book—and the clear proof of God's discipline on our nation—changed my theology. Until 2012 I did not believe God sent judgment on nations in the New Testament age. I reasoned that if God was going to judge any nation, He would start with places like the Netherlands, with cities like Amsterdam and its infamous Red Light District that hosts all manner of immorality. But the founders of the Netherlands didn't make and break a covenant with God.

I believe America as a nation is reaping what we've sown. I believe that where there is unfettered sin, there is ultimately death (Rom. 6:23). And although some rightly argue that many nations are more sinful and anti-God than the United States, consider this: to whom much is given, much is required (Luke 12:48). As a world power, the United States has done much good. But our nation's Christian foundations are shaking. The seven major influencers of our society—the economy, government, family, spirituality, education, media and arts—are shaping an idolatrous New Age culture.

I submit to you that our nation is in natural and spiritual crisis, and it will take a divine intervention to avert disaster. Although "man" can't solve the problems in our nation, electing leaders who will guide the United States using biblical principles rather than those who defy biblical principles in the name of change speaks volumes to heaven. Politicians can't fix what's broken, but politicians who pray to the One who can will receive His wisdom to right the ship.

If we don't make a drastic shift in this nation, I believe there's no way to escape God's judgment. Billy Graham's late wife, Ruth, once said, "If God doesn't judge America He will have to apologize to Sodom and Gomorrah." Again, I never wanted to believe that. But now I do. I can see it. God has

moved some of our hedge of protection because He loves us and hopes we'll wake up. We haven't woken up yet—but clearly there is an awakening afoot.

There is hope for America. The church—"sleeping giant"—needs to wake up. If the church were being the church, we wouldn't have so many problems in our nation. The church looks, thinks, and acts too much like the world. Christians are having abortions. Christians are committing adultery. Christians are fornicating. Christians are getting divorced. Lord, help us!

I believe time is short for America to repent before we see stronger manifestations of God's discipline on this nation, but at the same time I have never been more hopeful. I believe that we are on a cusp of a Third Great Awakening even now.

Let's wake up to the realities our nation is facing, but let it also fill you with hope, and let that hope give substance to your faith to pray and take action as you agree with God's plan for America to wake up in this hour.

✖ *Adapted from The Next Great Move of God by Jennifer LeClaire, copyright 2015, published by Charisma House. Even as America is in a spiritual crisis and on the verge of God's judgment, there is an appeal to heaven for a Third Great Awakening; a revival like no other and a turning back to God as never before. Pockets of revival are breaking out across the country. This book serves as a means to fan the fires of revival and to equip you to sustain it. To order your copy [click here](#).*

Prayer Power for the Week of June 29, 2015

As you prepare to celebrate Independence Day the end of this week, and amid all the festivities, cookouts, fellowship with friends, family and fireworks, pray for America. Pray for our leaders and ask God to raise up more godly leaders to fill upcoming vacancies through the election process. Pray for the families that lost loved ones through violent crimes. Pray

that revival would sweep the nation and eradicate all forms of hate except that which perpetuates ungodliness. Remember Israel and the persecuted church, and ask the Lord to use you to help fulfill His purposes in these last days (Rom. 6:23; Luke 12:48; 1 Tim 2:1-4).

Can You Imagine a Muslim Same-Sex Wedding?

The free will God has given to man has led to the inevitable. Same-sex marriage is now the law of the land in the United States thanks to a 5-4 vote by the Supreme Court, making June 26, 2015, a red-letter, landmark day in American history.

By Friday's ruling, all states are now required to issue marriage licenses to same-sex couples and all 50 states must recognize same-sex marriages performed in all other states. The 14 states that had not been forced to succumb to "societal progress" must now do so – by law.

Is anyone surprised? You shouldn't be. When the government removed prayer from public schools in 1962, people have said that was a shock (I was not yet born.) With the way society has deteriorated over the past 20 to 30 years, I don't believe this was a fresh revelation for anyone.

With the ruling, it is likely that sometime in the near future Christian churches will be forced – by law – to open up their doors for same-sex weddings.

But imagine this: By law, if Christian churches are subject to said edict, then so are Jewish temples. And Hindu temples. Oh, and, yes, Islamic mosques.

At least that would be logical. But since when has the U.S. government shown much logic?

Can you even, by the wildest stretch of the imagination, picture a gay Muslim couple saying their vows inside one of their holy mosques? You think Muhammad is turning over in his grave right now?

No, you can't imagine a gay Muslim couple exchanging wedding vows in a mosque. And why? It's because their ideals simply won't allow it to happen. The Quran Surah 4:15 says, "If any of your women are guilty of lewdness, take the evidence of four reliable witnesses from amongst you against them; and if they testify, confine them to houses until death do claim them."

The Quran Surah 4:16 says, "If two men among you are guilty of lewdness, punish them both."

The Quran Surah 26:165-166 says, "Of all the creatures in the world, will ye approach leave those whom Allah has created for you to be your mates? Nay, ye are a people transgressing" all limits.

The Quran Sahih Bukhari, Book 72, Volume 7, Number 774 says, "The prophet cursed effeminate men (those men who are in the similitude – assume the manners of women) and those women who assume the manners of men, and he said, 'Turn them out of your houses.'"

But then who cares what the Quran says, right? The Quran isn't a threat to the American way of life, only the Christian Bible. Islam and its hatred of homosexuality isn't a threat to the American way of life, only Christianity and its "haters." (Please hear that I have more than a hint of sarcasm here.)

The gay agenda goes after Muslims for not allowing same-sex marriages in mosques. Now that's a headline I'd like to see. But again, that won't happen. I wonder why.

I know what many may be thinking: He's just another conservative Christian radical who hates gay people. If that's what's on your mind, you're not even close. Check out this article and this one I wrote for . Those articles represent my feelings on the subject.

It's called *compassion without compromise* – love without compromising God's Word. It can be done.

But don't think for a second that the Muslim world is going to jump on the same-sex marriage bandwagon. Islam's feelings on the subject are quite clear. (See the Quran's passages above.) What's incredible is that it's one thing that Muslims and Christians can agree on. It's just that Islam takes it to a whole different level when it comes with how to deal with homosexuality – a level no Christian would ever endorse.

That's why I don't believe you will ever see a gay couple marry in mosque, even if it is the law. Muslims simply won't stand for it. Whatever their convictions, standing up for your beliefs is a noble sentiment.

Christians should develop the same attitude, and some, like Grace International Ministries and Churches President Steve Riggle have already expressed it.

"We affirm our love for all people, including those struggling with same-sex attraction," Riggle said. "However, we cannot and will not affirm the moral acceptability of homosexual behavior or any behavior that deviates from God's design for marriage. Grace Church and our related churches will not recognize same-sex "marriages," will not host same-sex ceremonies of any kind, and we will not perform such ceremonies. We will never capitulate to any mandate by the state to accept and normalize what God calls unacceptable and unnatural."

Hallelujah, and amen.

Can you imagine Christians and Muslims standing together for the same cause? How about Jews and Hindus, Christians and Muslims? Wouldn't that be something?

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Top 10 Things Not to Let Your Children Watch

Children are very easily influenced by the world around them. Television offers hours of entertainment, but it also offers a large amount of negative content to young audiences.

It is important to be mindful of what your children are watching. One option to you as a parent is parental control restrictions found on most cable and satellite providers.

When thinking about what is and is not appropriate for your children to watch, keep in mind the following top 10 things not to let your children watch:

1. Programming with bad language and violence. Children repeat things that they hear. Shelter their ears. They also mimic behavior they see. Studies have shown that after watching violent programming, children behave more aggressively directly following. TV-14 is there for a reason, be careful.

2. Nudity and sexual content. Protect their innocent little eyes from nudity and sexual content. They are too young for it and do not have the maturity to handle it. Also, you do not

want to awaken sexual desires prematurely, it will open a whole load of issues to deal with as a parent.

3. Graphic scenes on crime dramas. Crime dramas are very popular right now and many children enjoy them. Some of the content is even educational. However, shield their eyes from scenes that show the victim or other gruesome scenes with the victim if you still think they should watch the program.

4. Television versions of higher-rated films. Just because a PG-13 or R-rated film was edited for a television audience, it does not mean that is appropriate for a younger audience. If the film was originally rated PG-13 or R, the content is likely not appropriate for younger audiences. Watch the opening of the movie to see what areas the higher rating was for such as violence or language. And nowadays, you even have to be careful with PG ratings.

5. Higher-rated films that you yourself have not seen. Do not watch a film that you have never seen with questionable material with your child that is rated above their age. Allowing the kids to watch just because it is more convenient for you is of poor taste. To get an idea of questionable material that may be in a recent movie, look at iMOM's Movie Monitor.

6. Adult cartoons. Animated does not mean child friendly. There are adult cartoons that are extremely inappropriate for child audiences. These cartoons often contain bad language and sexual imagery.

7. Glorifying alcohol/drug use. Alcohol and drugs can be presented to look very cool and fun without any attention given to their dangers. Avoid positive representations of alcohol and drugs since children are easily influenced. Also, explain to your children the risks and health dangers associated with the two.

8. Too many commercials. Television is saturated with

commercials trying to sell you something. During children's programming, most of the commercials are targeted for children and feature toys. Their purpose is to get the kids to beg their parents to buy the toy for them. In turn, these commercials spur greediness and the desire for instant gratification.

9. Inappropriate music videos. The most popular songs of today offer at least a lyric or two that is inappropriate for younger audiences. The music videos display even more, or perhaps you should say less, because of the small amount of clothing usually any them. Some music videos are fine, but again, just be aware of what your kids are watching.

10. Too much news. It is important that your children be aware of what is going on in the world. Let them watch the news with you and discuss it with them. However, monitor the news and its images; your children do not need to know everything and all of the details. The news often contains violence and graphic images that can really upset them.

What do you do to shield your children from what they see on television?

For the original article, visit .

This Dangerous Sunday Ritual Leaves Believers Hungry for God

Personal spiritual experience in some American churches has become less acceptable as a viable expression of personal

faith and formation. This giant—the devaluation of personal spiritual experience—has become such a part of the Sunday ritual that some followers of Jesus believe they'll go through life without actually having authentic and personal God moments.

Yet, the truth is that the Spirit is continually using your life experiences as a teaching method. Personal experiences, both good and bad, were how David learned more and more about his God. Just like He did for David, God has a significant purpose for your life and uses His Spirit to carry those messages to you.

Maybe you struggle believing that you can actually experience God personally and often. Like He did for David, God wants to reveal your unique identity and provide direction from day to day. There is an invisible but empowering energy of the Holy Spirit available to you. When someone you love comes into your house, you eventually become aware of his presence. And so it is with the Holy Spirit. God, by giving His Son, did not just provide a transactional way for you to connect with your future in a far away place; He provided a way for you to connect *now* through the Holy Spirit.

Here is a bold and biblical assumption: God, through His Spirit, is actually involved in your life *every moment*. God has always had a plan to communicate with His people through His Spirit and those messages hold wonderful implications and opportunities.

This means that God has a communicational intent to get messages to you that are relevant for your life *today*. Your engagement with God must be more than just a passive acceptance of sovereignty. Your engagement with God by faith demands an active participation in the ongoing struggles and victories in your life (see Heb. 11:6).

You are not more loyal or more devoted to church history and

tradition by believing in a somber, austere God who if it weren't for Jesus would have already stricken you dead. That's horrible theology, and frankly, not even Trinitarian. It's no wonder that a lot of the worship happening on Sundays has very little personal energy attached to it.

Would you want to come closer to a God who could turn on you at any moment? This kind of teaching and thinking negatively impacts our expectation to encounter God, and just maybe, because of this theology, we're secretly hoping that we never do. Don't lose sight of John 3:16 when you're thinking about the Father: "For God so loved the world."

Certainly we've all known a few people who have gone off the deep end regarding emotionalism. However, I know just as many who have gone off the shallow end and are excessive in their belief that you can't know God tacitly and through experience. To deny that God the Father, Son, and Spirit have communicational intentions toward you has no historical or biblical evidence.

Slay the internal giant telling you that you can't experience God personally. God, through His Spirit, is sending you, an ordinary disciple of Jesus, messages about your identity, your purpose, and is giving you ways to bless the people and world around you—and He's doing it every day.

Mike Rakes is a pastor, educator, motivator, and storyteller, who—along with his wife, Darla—serves the body of Christ and has a passion to help people model God's love. He is passionate about the spiritual health of the U.S. church and is committed to mobilizing faith communities for God and the good of humanity. Mike has a master's degree in biblical literature. He also holds a master's and a doctorate degree from Biola University.

10 Texts to Send Your Wife in the Next 10 Days

A few months ago, I posted 10 texts to send to your kids or grandkids in the next 10 days. The response was incredibly positive.

Thousands of you shared the post and commented with other great suggestions. Texting (unless you're driving, of course) can be a great way to send a much needed note to someone you love.

Today, I'd like to encourage husbands to take the challenge. Here are 10 texts to send your wife in the next 10 days:

1. Of all the guys in all the world, I'm honored to be the one who gets to do life with you.
2. Today's been a rough day, but thinking of you makes it all worth it.
3. You're my best reason to go to bed at night and my best reason to get up in the morning. Can't wait to see you later today!
4. No matter how you feel about yourself today, remember this: There's at least one person on this earth who knows how awesome you are—me!
5. What can I do to make your day or night easier? Give me some tips ... I want to help.
6. I may not always understand you, but I'm trying because I love you. Thanks for being patient with me.

7. I admire your ability to _____. That is so important to our family. Just wanted you to know that.

8. Remember when we started this life together? Even if we knew then what we know now ... I'd do it all over again.

9. If I could drop what I'm doing right now to be with you, I'd do it in a heartbeat. Love you!

10. I just wanted to hit the pause button at work today to let you know how grateful I am to be your husband.

Coming Friday: "10 Texts to Send Your Husband in the Next 10 Days"

Mark Merrill is the president of Family First. For the original article, visit [.](#)

Study Shows This Fruit Can Destroy Leukemia Cells

Whether making your best guacamole recipe or cutting up this pear-shaped fruit for a splash of delicious color in your salad, avocados have so many uses and health benefits.

Rich in antioxidants and Vitamins A, C, E and K, avocados should definitely be part of your regular nutritional intake. A recent study appearing in *Medical News Today* explains how consuming avocados each day as part of a healthy diet can reduce levels of bad cholesterol in the body. Besides the nutritional value of avocados already well cited, scientists have discovered that this delectable fruit has the potential for offering nontoxic healing benefits for those who suffer from acute myeloid leukemia (AML).

Avocatin B Compound Benefits

New scientific findings are perhaps offering a ray of hope for those who suffer from AML. A team of 20 researchers, including Professor Paul A. Spagnuolo from the School of Pharmacy at the University of Waterloo in Ontario, studied the healing benefits of the avocado compound: Avocatin B.

The team released their findings in the journal "Cancer Research," this past April. Spagnuolo explains how avocatin B compounds in avocados destroy AML stem cells. Thus, the compound is a *nutraceutical* or isolated nutrient, which is a component derived from food with the potential for use in a clinical setting to treat one or more health-related conditions.

The study involved the use of a cell-based screen the team used to evaluate avocatin B's effects on leukemia stem cells, and the findings were positive when revealing how the compound not only targets abnormal myoblasts, but also shows that avocatin B doesn't do any damage to healthy cells. Essentially, avocatin B destroys leukemia stem cells without doing additional harm to the body like other conventional cancer treatments.

About AML

AML is a cancer that affects blood cells in the body. Estimates suggest there are over 20,000 people who receive a diagnosis of AML each year, and over 10,000 people will succumb to the disease. The disorder affects seniors 65 years of age and older the most; the survival rate associated with the disorder is poor: Nearly 80 percent of seniors with the disease will die within five years from the initial diagnosis.

The disease begins in a person's bone marrow where the body produces platelets and red and white blood cells. Red blood cells have the job of transporting oxygen to parts of the body and assist in blood clotting by helping platelets. White blood

cells are the body's defense against infection. In a disease like AML, the body creates abnormal myeloblasts consisting of white myeloid blood cells, platelets, or red blood cells (immature cells); The cells are abnormal because, unlike regular cells that stop growing, abnormal myeloblasts do not. Rather than fend off infection, these cells cause overcrowding and become harmful to healthy cells in the body: The condition leads to infections, bleeding and anemia.

Nutraceuticals Versus Extracts

As mentioned previously, nutraceuticals are isolated nutrients studied for potential health and healing benefits. Spagnuolo explains how scientists also study plant extracts for their possible uses in a clinical setting, but that such studies have their limitations. Since extracts are less refined than nutraceuticals, there is a great deal of inconsistency in research findings; extracts can change in potency whenever there are changes in the raw material, whether developmental or environmental. Conversely, the study of nutraceuticals offers definitive information about what a specific food-derived component can do. The findings associated with nutraceuticals come with a greater consistency and repeatability.

It could be years before the medical field utilizes the compound as a treatment for AML, the team has joined forces with the Commercialization of Regenerative Medicine (CCRM) in Canada, to patent the compound for future use: this measure will allow the compound to transition into the clinical trials phase of research.

Nevertheless, the findings hold future promise, and avocatin B may become a healthy treatment alternative for people with AML.

Don Colbert, M.D New York Times *best-selling author of books such as* The Bible Cure Series, What Would Jesus Eat, Deadly

Emotions, What You Don't Know May be Killing You, and many more with over 10 million books sold. He is the Medical Director of the Divine Health Wellness Center in Orlando, Florida where he has treated over 50,000 patients.

For the original article, visit .

Prophecy: Your Kairos Time Is Right Now

In 2001, I was going through the trial of my life. My husband had recently abandoned me with our 2-year-old baby. I was falsely accused and jailed for crime I didn't commit. I lost almost every penny I had defending my case unto vindication. And when I was released the dot-com bubble burst, causing Internet companies to shutter and leaving me without any income. That's not the entirety of what I was dealing with, but it gives you a glimpse of the severity of the trial. (Click [here](#) to read my full testimony.)

What I didn't tell you is that I had been born again for only about three weeks during that trial. I actually got saved in jail. It was the perfect example of Genesis 50:20: What the enemy meant for evil, God meant for good. The point is, I didn't know much about the Word of God. I didn't really know how to pray. But I knew enough to get down on my knees, lean over a chair, and just cry out to God for help while my then-3-year-old daughter slept in the other room.

I fell asleep praying. I don't know how long I was asleep. I just know that a voice woke me up. That voice said: "Stay calm. Be patient. Your time is coming."

At first, I thought it was my father, though it didn't sound like him. I truly thought there was someone in the pitch-black room with me. I looked around, stunned. No one was there. I didn't understand the dynamics at the time, but the fear of the Lord came over me. I slowly got up and walked into the bedroom, got into bed and lay there as still as I could, trying to process what just happened until I finally fell asleep. Later, I realized it was the audible voice of the Lord.

Keeping the Words in Mind

Over the years, during good times and bad times, the Holy Spirit has reminded me of those eight words: "Stay calm. Be patient. Your time is coming." I've had plenty of occasions to pick up that prophetic word and fight with it. The Holy Spirit would remind me in times of crisis to stay calm and I would declare that I have the peace of God that passes all understanding. When I faced major set backs, persecution from believers or disappointments, He would remind me that my time was coming and I would declare that my time is coming.

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I've never talked much about it but something happened recently that encouraged me—and I believe it will encourage many others in the body of Christ. A couple of weeks ago, as I was praying in my home, the Holy Spirit told me: "This is your time." Those four words came to me in a still, small voice, not the audible voice of God—but it was just as powerful to my heart. I immediately knew what He meant. I had no idea what He meant 14 years ago, but at that moment it all clicked.

What does this have to do with you? Everything. I believe we're in a kairos moment in the body of Christ. For everything there is a season and a time for every purpose under heaven (see Eccl. 3:1). Even as the restoration of all things races

toward the finish line, God wants His people to redeem the time because the days are evil (see Eph. 5:16). Our times are in His hands (see Ps. 31:15). We must work the works of the One who sent us while it's day because night is coming when no one can work (see John 9:4).

Now Is Kairos, Your Time

Again, I believe we're in a kairos moment in the body of Christ. I believe this is your time and my time. The Greek word *kairos* means a fitting season, opportunity, time, occasion. It comes from the Greek word *kara*, referring to things "coming to a head" to take full advantage of. Kairos is the suitable time, the right moment or favorable moment. Fourteen years ago, I didn't know that the Holy Spirit was speaking to me about a kairos time coming. I know now—and I believe this kairos moment, this coming to a head, this favorable moment is not just for me alone.

The Holy Spirit told me 2015 is a year of new beginnings. I've seen that happen in my life in a tremendous way and it's only June. We need to be like the sons of Issachar, having understanding of the times (see 1 Chr. 12:32). We should rightly discern the signs of the times but we should also press in to God's will for this time in our life. We're living in perhaps the most critical turning point in human history. Christ's coming is sooner than it's ever been and a tsunami of perversion is rising in this and other nations.

Everything is coming to a head. We need to take full advantage of this suitable, right and favorable moment. We need to embrace this kairos moment and believe that God has called us for such a time as this to do something He's uniquely created us to do. We need to prophetically exercise the Isaiah 22:22 key and open what God wants opened and shut what God wants shut.

This is your time. It's an appointed time to wake up for our

salvation is nearer than we think (see Rom. 13:11). Time is short (see 1 Cor. 7:29). Perilous times will come and are here now (see 2 Tim. 3:1): “The time has come when people will not endure sound doctrine, but they will gather to themselves teachers in accordance with their own desires, having itching ears, and they will turn their ears away from the truth and turn to myths” (2 Tim. 4:2-4).

This is your time. Rise up and press into what God is telling you to do. This is a kairos moment. Seize it for the glory of God! Amen.

Jennifer LeClaire is senior editor of Charisma. She is also director of Awakening House of Prayer in Fort Lauderdale, Florida, and author of several books, including *The Next Great Move of God: An Appeal to Heaven for Spiritual Awakening*; *Mornings With the Holy Spirit*, *Listening Daily to the Still, Small Voice of God*; *The Making of a Prophet* and *Satan's Deadly Trio: Defeating the Deceptions of Jezebel, Religion and Witchcraft*. You can visit her website [here](#). You can also join Jennifer on Facebook or follow her on Twitter.

Here's the Skinny on Fats

Most of us would like to know which foods are good for us and which ones to avoid. But when you try to figure this out, do you find yourself confused and overwhelmed? You're not alone.

Dietary recommendations keep changing as we learn more how various foods affect our bodies. To make matters worse, many health professionals are still stuck in the past and haven't caught up with the latest research. The end result is conflicting advice from doctors, dietitians and other leaders

in the health care arena.

One of the biggest divides is whether we should eat saturated fat. Back in the 1990s, saturated fat, such as the type in eggs, butter and meat, was demonized. We were told if you consumed saturated fat, such as cream, you'd keel over with a heart attack.

Now, however, we know that's not true. In fact, the latest research shows saturated fat is actually good for us, provided it's natural, meaning it's not corrupted with chemical additives. Saturated fat is the best means by which to raise your HDL cholesterol, also known as "good" cholesterol. You want your HDL to be as high as possible. So, by all means, eat saturated fat, provided you don't have any other intolerance to it.

For example, red meat can raise estrogen levels and inhibit weight loss, so for this reason, I eat it sparingly. Dairy products such as cream, cheese and butter cause some of us problems because of the casein, which has been linked to cancer, and allergic reactions. For these reasons some folks should limit dairy consumption, but not because of the saturated fat content.

There are fantastic sources of saturated fat. Topping the list is coconut oil. This has been linked to brain health, even mitigating symptoms associated with Alzheimer's Disease, Parkinson's Disease, ALS and Dementia. I take a tablespoon a day and cook with it almost exclusively. It's also a natural antimicrobial so it strengthens your immune system.

Eggs are also a fantastic source of saturated fat. Recently the U.S. government reversed its previous warnings to steer clear of eggs, saying now, that the cholesterol in eggs does not translate into higher blood cholesterol. So go ahead and eat eggs, even the yolk.

The best eggs are ones that are pastured ... not to be confused

with “pasteurized.” Pastured eggs are from chickens that roam around outside and eat bugs, which is what they are supposed to eat. The other kinds of eggs are from chickens that eat an unnatural diet of things like corn, which is not what chickens would eat in the wild.

Another great source of fat are the Omega-3 fats, such as fish oil. The best type of fish oil is derived from wild, cold-water fish, such as salmon. Try to eat it a couple of times a week. Albacore tuna is also good. The problem with fresh fish is you don't want to eat too much of it because of the mercury content. So a good idea is to supplement with a fish oil. Get one that has the EPA and DHA amounts on the label. Take enough to get about 750 milligrams to one gram of DHA every day.

Polyunsaturated fats are wonderful, such as walnuts, almonds and other nuts, avocados and olive oil. Consume these every day, if you can. I manage to do it by making a salad each day that includes walnuts and half an avocado, topped with salad dressing made with olive oil. Hint: make your own salad dressing. It's easy, and the ones in the store are bad, even the ones that contain olive oil, because it's usually only a tiny amount of olive oil combined with other unhealthy ingredients.

On the other hand, Omega-6 oils should be avoided. These are the vegetable oils, like soybean oil, corn oil, etc. which includes margarines and mayonnaise. Technically, Omega-6 oils are not bad for us. The problem arises when we eat too many of them compared to how many Omega-3 fats.

We should be consuming just about equal amounts of Omega-3s and Omega-6s. Most Americans, however, consume 20 times more Omega-6s than Omega-3s. That imbalance causes massive inflammation. The reason we eat so many Omega-6s is because they are in many processed, packaged foods as well as fast foods. Omega-3s, on the other hand are pretty rare, and as I stated above, are usually only consumed in cold-water fish.

Undoubtedly the worst fat of all, the one that should be avoided at all costs, is hydrogenated oil. Hydrogenated oil is also called trans fat. Like the name suggests, hydrogenated oil is oil that has been infused with hydrogen.

This process is highly unnatural. It was invented to prolong the shelf life of packaged foods, among other things. Shortening, such as Crisco, is a trans fat. Other than that, you will almost exclusively find trans fats in processed foods, especially baked goods, like cookies and crackers.

On a molecular level, trans fats are similar to plastic. Our bodies have no idea how to process them because they are completely foreign, as they are manufactured in a lab, not grown in nature. Trans fats have been strongly linked to heart disease and brain dysfunction.

The way to avoid them is to read the list of ingredients on any item you are thinking about eating. If you see the word 'hydrogenated' you know that food contains a trans fat. Do not eat it.

For the original article, visit .

Isn't It Time You Got Unstuck in Your Walk With God?

"See then that you walk carefully, not as fools, but as wise men, making the most of the time because the days are evil" (Eph. 5:15-17).

For years, like many others, I was a "stuck" Christian. Although no one I know has ever referred to me as the

“prodigal son” since I supposedly gave my life to Jesus in 1989, it’s been what I would call a pretty unproductive 26 years since in terms of service to God.

No, I haven’t ventured out into the world and squandered a huge inheritance like the young man in Luke 15. Nor have I lived in the moment, so to speak, to continually and unabashedly satisfy my own selfish desires.

One definition of the Greek word “astros,” translated prodigal, is “reckless and shamefully immoral.” But another is “wasteful.” I plead not guilty to the first two charges, but throw myself on the mercy of God’s court concerning the latter.

It’s not that I have been living a life of extravagant sin. I’ve been taking care of my family. We’ve been going to church. I’ve been serving the Lord in my job at Charisma Media.

Sin, however, is something of which you can repent. You cannot retrieve the past or turn back the hands of time.

In my eyes, I’ve been doing something far worse than committing extravagant sins. I have NOT been serving the Lord diligently and with all of my heart. I’ve simply squandered precious hours—even days and years—being lazy and selfish. I’ve paid more attention to my favorite sports teams than I have my Lord and Savior. I’ve devoted myself to other pursuits rather than give God everything I have.

And because we have a jealous God, that’s simply unacceptable. Rick Warren once said, “God wants all of you. He doesn’t want 10 percent of you, He doesn’t want 50 percent of you, He doesn’t want 99 percent of you—He wants all of you.” Romans 6:13 says, “Give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God.”

To quote C.S. Lewis, "The only thing Christianity cannot be is moderately important."

Like the church in Laodicea, I was lukewarm. And what did Jesus say He would do with those types of Christians? "So then, because you are lukewarm, and neither cold nor hot, I will spit you out of My mouth." (Rev. 3:16).

I don't know about you, but I don't even want to picture Jesus figuratively "spitting" me out of His mouth. When I'm standing before Him on Judgment Day, I do not want to hear the words "I never knew you. Depart from Me, you who practice evil." (Matt. 7:23).

The past few months have seen a radical transformation for me. The Holy Spirit has prompted me to read more Scripture. I've been praying more. I've been writing this blog in hopes of impacting others for Christ (so please share this if it blesses you). I've been boldly doing my job "as unto the Lord" more fervently than before.

I'm telling you, Satan has really hated this new-found diligence of mine. In the past, he has thrown many different kinds of distractions my way; but it comes down to this: I've made up my mind to heed daily to James 4:7 which says, "Therefore submit yourselves to God. Resist the devil and he will flee from you."

Since submitting to God completely, I've found myself—as someone who has been moderately unhappy (self-imposed) and has kept those he loves from being as happy as they could be—enjoying life more than ever before. In other words, I have been freed from the quagmire. I'm no longer stuck.

Even in trials and tribulations—as James 1 says that we as believers will have in this life—I've found myself more at peace with the world. That's saying something for me and my Type-A personality.

And to think of all that time I wasted. All I had to do was submit and surrender to God.

I know what some of you are saying. "It's not all that easy. You don't know what I'm going through."

Maybe not, but I do know this: You are not going to get unstuck from the mediocre life that you're wallowing in by staying status quo. The Lord can and will do for you what he's done for me and with me.

James 4:8 says, "Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded." As Warren so eloquently puts it, "There is not a single verse in the Bible, not one, that says you can be a Christian and live your life any old way you want to."

Please, don't waste precious time as I have wallowing in the mire.

Isn't it time you surrendered all to God? Isn't it time you "stepped out of the boat?" Isn't it time you got "unstuck?"

And, as I always like to say, "There is that."

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