

Struggling in Silence? This Message Was Meant for You

When you hear the words “guard your heart,” you probably think of a Christian dating conversation—maybe a friend warning you about that guy or girl who seems like trouble.

But in a recent video, Bible teacher Isaiah Saldivar tore down that narrow view and took us deeper into Proverbs 4:23, uncovering a rich and powerful truth that’s far more than romantic advice.

“This is not just a verse about dating,” Saldivar said. “We use this as a romantic-sounding quote... but the passage is about guarding your inner life.”

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Saldivar explained that the biblical heart isn’t just about emotions or feelings, it represents the entirety of your inner life: your thoughts, values, desires and will. “The heart in the Bible is not talking about your organ that’s pumping blood,” he said. “It’s the inner person. My desires, my values—that’s my heart.”

Referencing the broader context of Proverbs 4, Saldivar walked through verses 20 to 27 and emphasized that this section is really about spiritual discipline, not romantic discretion. “Verse 23 talks about your thoughts, your values and desires—they are going to direct your life,” he said. And that’s where the weight of this Scripture hits hardest.

He connected the dots for everyday believers, reminding us that every single action begins as a thought. “Every building you’ve ever seen started with a thought. Every car you ever saw started with a thought... Every decision you’ve made in life started with a thought.”

In other words, if we don’t guard what’s going on in our minds and spirits, we’re giving the enemy an open door.

For Saldivar, guarding your heart isn’t about being timid. It’s about spiritual vigilance—about knowing what influences you and being bold enough to walk away.

“I’m not going to watch that movie because I’m guarding my heart,” he said. “There are movies I’ve watched, and I’m like, ‘I shouldn’t have watched that.’ I should have guarded my heart better.”

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He wasn’t shy about calling it out: ungodly conversations, worldly entertainment, even social media like TikTok or Instagram can infiltrate your heart if you’re not paying attention. And once the wrong thoughts take root, they begin to steer your entire life.

“The heart is the gateway to your actions, your speech and the direction of your life,” he said. “Guard what you’re watching, what you’re listening to, what you’re meditating on. What is shaping your life—is it the Word of God?”

So yes, Proverbs 4:23 can be applied to dating—but its true power is revealed when we realize it’s about all of life. It’s a call to holiness. It’s a command to be vigilant. It’s a warning to protect the gates to your soul.

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Unshakeable Faith!

“Yeshua said to the woman at the well, ‘Woman, you don’t know what you’re worshipping. We know what we worship, for salvation is from the Jews’” (John 4:22).

The Jewish people are a chosen people.

“For you are a holy people to the LORD your God; the LORD your God has chosen you to be a people for His personal possession out of all the peoples who are on the face of the earth” (Deut. 7:6).

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But we have to ask ourselves this question: What was God’s purpose for separating Israel unto Himself?

God sovereignly selected Israel to demonstrate His mercy and love to the entire world!

God said to Abraham, the father of the Jewish people, “In your seed all the nations of the earth shall be blessed” (Gen. 22:18).

Paul identifies this “seed,” spoken of in Genesis 22:18, as Yeshua.

“Now the promises were spoken to Abraham and to his seed... that is, Christ” (Gal. 3:16).

This is why the book of Matthew begins by tracing Jesus' genealogy all the way back to Abraham. "The record of the genealogy of Jesus the Messiah, the son of David, the son of Abraham" (Matt. 1:1).

Yeshua has fulfilled Israel's destiny by being the chosen One that has brought salvation and the love of God to the whole earth. Father's redemptive plan crystalized with the coming of His Son, Yeshua of Nazareth – King of the Jews.

I am not saying that everything the Jewish people do or have done is always good, only that it is obvious they are an extremely unique people. How is this explained? It is explained only by the fact that what the Scriptures tell us about them is true. The success of the Jewish people is proof that the Bible is the inerrant Word of God.

What is the point?

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What the Lord spoke to Israel 3,500 years ago, we see proof of today in the amount of impact Jewish people are still having on the world. One of the greatest proofs of the inspiration and accuracy of the written Word of God is the "mystery of the Jew." They are a special people. Sometimes their gifting has been used for good, and sometimes their gifting has done harm. Their distinctness, however, is undeniable.

Again, the "mystery of the Jew" beloved, is proof that the Bible is true. Furthermore, when we understand how Yeshua fulfills the foundational message of the Bible – Our faith will be unshakable!

"My zeal has consumed me, Because my enemies have forgotten Your words. Your word is very pure, Therefore Your servant

loves it" (Ps. 119:139-140).

Rabbi Schneider hosts the impactful television program –Discovering The Jewish Jesus, which is available in more than one hundred million homes in the United States and nearly two hundred nations worldwide. In 2021 he began broadcasting on radio and now airs across America. Rabbi Schneider imparts revelation of Jesus' Jewish heritage and His fulfillment of Messianic prophecy. Questions of how the Old and New Testaments tie together, and how Yeshua completes the unfolding plan of The Almighty Yahweh, are answered with exceptional clarity.

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Slain in the Spirit: Miracle or Manipulation? The Answer Will Surprise You!

From the earliest moments of Easter morning, God's pattern was clear: He doesn't show up first to the strong, the certain or the religious elite. He appears first to the broken, doubting and the failed. That alone reframes everything.

Mary Magdalene, a woman devastated by grief, was the first to see the risen Christ. She wasn't a priest or a prophet—just

someone hurting deeply. She stayed at the tomb when the others left, thinking His body had been stolen. But Jesus was closer than she realized. At first, she didn't recognize Him, which reminds us: sometimes Jesus is present even when we feel like He's absent. He called her by name, and in that moment her mourning turned to joy.

When you're hurting, He draws near.

Then there was Thomas, the disciple famously labeled "Doubting Thomas." He wasn't there when Jesus first appeared to the others, and he couldn't bring himself to believe. But Jesus wasn't offended. He didn't rebuke Thomas—He returned just for him.

"Put your finger here," Jesus said. "See my hands."

If you've ever asked, "God, where are You?" or "Why didn't You come through?"—you're in good company with Thomas. Doubt isn't the opposite of faith; it's the doorway to a deeper, stronger relationship with the Father through our risen Jesus.

Lastly, Peter—the bold disciple who swore loyalty but denied Jesus three times—was personally pursued by Jesus. After breakfast on the shore, Jesus didn't shame him. He asked, "Do you love me?" Not once, but three times, Jesus matching every denial with a fresh invitation to purpose. In the original Greek, the conversation reveals something deeper: Jesus met Peter on his level, accepting even imperfect love and offering grace anyway. Failure doesn't cancel your calling.

From Mary's pain to Thomas's doubt to Peter's shame, the pattern is clear: Jesus shows up not despite our brokenness, but because of it. If you're hurting, doubting or feel like you've blown it—He's already on the way.

Faith doesn't mean having every answer. It means trusting the One who calls your name and still serves breakfast to the ones who let Him down. This is the Jesus of Easter: not a distant

deity, but a God who sticks His foot out from behind the curtain, just to be found by you.

So, if you're questioning your faith today, take heart. You're not lost—you're seen. You're not disqualified—you're invited. And like Mary, Thomas and Peter, your story isn't over. In fact, it's getting better, stronger and deeper.

Prepared by Charisma Media Staff.

Unforgiveness: A Deadly Poison

Have you ever said, "I can never forgive that person because of what they have done to me?" Many of us have.

We've either uttered those words or held on to those thoughts. When we entertain those deadly thoughts, we forget how much Jesus Christ has forgiven us. If we understood the seriousness of our unforgiveness, we would learn to be quick to forgive others. Eventually, it will cause physical harm to our bodies, pollute our soul and possibly jeopardize our eternal destination.

So many Christians are walking around today holding a grudge against someone who hurt them. Perhaps they were the victim of a horrific crime or abuse. Perhaps it was a trusted person like a parent or close friend. No matter who the offender, or what they have done, it only harms us when we keep that

unforgiveness buried in our heart. When we do this, we are yielding to a dark emotion, which will eventually damage us on many different levels.

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God commands us to love one another. Why would He require that we love someone who may have hurt us? Because love produces joy in our lives and joy is health to our bodies. Proverbs 17:22 says, "A merry heart does good like a medicine." It's hard to experience joy when we harbor unforgiveness, bitterness and anger. Our bodies will eventually break down.

Forgiveness is a choice for each of us everyday. If we don't forgive, we invite sickness and disease, we won't enjoy peace in our heart, and we won't experience a healthy mind and body.

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Jesus said in Mark 11:25-26, "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses." Jesus was talking to his disciples. He instructed them and us to forgive, no matter what anyone has done to us. If we don't, the Father will not forgive us.

An important question to ask ourselves is, "Can we enter heaven if we have not been forgiven?" No, we can't. That is why Jesus paid such a high price on the cross, when He bore our sin and shame to purchase our forgiveness with His own blood.

Since we have been forgiven for so much by God Himself, how could we not forgive what others have done to us? Forgiveness is actually a gift we have been given. It protects us from

evil, produces peace in our hearts, and assures us of God's acceptance towards us. Don't neglect to offer forgiveness immediately to anyone who has wronged you, ask God to help you to let go of any bitterness, and live your life free from the bondage that unforgiveness brings.

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You can find more of Bill's teachings at:

The Good Shepherd

Once when I was doing a study of the 23rd Psalm, I read a book about shepherds. In it I learned a lot about the special relationship between a shepherd and his sheep. A shepherd is a manager and a caretaker. He is the owner of his sheep...and he loves them.

One thing I learned is that a shepherd marks his sheep with an instrument called a "killing knife." Now, it may not sound very loving, but understand that sheep do not instinctively take care of themselves. It may hurt them, but the shepherd knows the temporary pain is ultimately good for the sheep. So he makes a distinct mark in their ear that identifies them as

his own and cares for them almost like his own children.

As Christians we are “marked” by the Holy Spirit. In much the same way, many of the trials and tests we go through can be quite painful while He subdues the parts of our nature that are not like God. However, the Holy Spirit knows that what He is doing in us is for our good and is bringing us to greater spiritual maturity. The question is, which do you think is worse: the pain of change or the pain of staying the same?

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In John 10:11 (AMPC), Jesus says, “I am the Good Shepherd. The Good Shepherd risks and lays down His [own] life for the sheep.” There is so much we can learn about our relationship with Christ from the lesson about the shepherd and his sheep.

In the first verse of Psalm 23, David says, “The Lord is my shepherd, I lack nothing” (NIV). He lacked nothing because he knew that God was with him, always working in his life, changing and maturing him. It doesn’t mean that we will always have every little thing we want. But while we are waiting on things we’re praying and believing God for, we can be content knowing that He is always with us and will provide exactly what we need.

Verse 2 says, “He makes me lie down in green pastures, he leads me beside quiet waters.” This is a reference to entering the rest of God. It’s not about resting from activity...but resting in our activity. In other words, there is a peace that comes from trusting in the ability and power that God gives us to do what He’s called us to do. It is this rest that causes us to step out in faith and do great things in His name. It’s faith in God’s faithfulness. Are you asking God to do great things through you? Then learn to rest in Him.

When you're resting in God, He will lead you "along the right paths for his name's sake" (v. 3). One of the things I learned about sheep is that they will choose the soft ground, the comfortable and easy places to wander into. But they can get into trouble and become easy prey for other animals. They will stay in the same pasture forever unless the shepherd moves them. And he will move them regularly so they can stay healthy.

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Do you feel like you are in a rut? Are you in a comfort zone you could easily stay in? Be open to change, a challenge...a new pasture. This could mean a new church, a different job, or maybe even other friends. Trust the Holy Spirit to "move" you when you need to move. On the path of righteousness, He will lead you to the right place or to do the right thing at the right time.

This is true even when you "walk through the darkest valley..." (v. 4). The Amplified Bible says, "Yes, though I walk through the [deep, sunless] valley of the shadow of death, I will fear or dread no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort me." These are words of great comfort, trust, and peace.

A shepherd carries a rod and a staff, which he uses in different ways for different reasons. The rod is just a big, long stick with a little knob at the top of it, while a staff has more of a hook at the end of it.

The shepherd practices diligently so that he can accurately throw that rod at a predator or even at an unruly sheep to keep it in line. Sometimes an animal will wander off too far from the others, and the staff is used to hook the wayward sheep and lead it back into the fold. At other times, it's

used as an examining tool to check the animals for parasites or other ailments.

The Holy Spirit sometimes has to use a rod of correction on us. Yet, it's good to know that whenever we lose our way, He will use His staff to lovingly and gently guide us back onto the right path.

It's so wonderful to think we have the Good Shepherd who takes care of us! So what are you asking God to do in your life? Whatever it is, know that He will always be with you...and He will always provide just what you need. He is the Good Shepherd and He has already laid down His life for yours!

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*For more on this topic, order Joyce's four-part teaching resource **Psalm 23: The Lord Is My Shepherd**. You can also contact us to receive our free magazine, Enjoying Everyday Life, by calling (800) 727-9673 or visiting*

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Please note: The views and opinions expressed throughout this publication and/or website are those of the respective authors and do not necessarily reflect those of Joyce Meyer Ministries.

Easter Victory: It's Your Turn for a New Beginning!

Note: This is the conclusion of Charisma's Holy Week series.

The Sabbath had passed, and the first day of the week had arrived. It was early in the morning when Mary Magdalene and some other women—who had watched from a distance as Jesus was buried—came to the tomb to finish the burial rites. With heavy hearts, they carried spices to anoint His body. The world had been silent since His death, but this new day would be anything but ordinary.

As they approached the tomb, they were startled to see that the stone, which had been sealed and guarded, was rolled away. The tomb was empty. In their confusion and shock, they entered the tomb, only to find two angels in dazzling white sitting where Jesus' body had been.

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"Why do you seek the living among the dead? He is not here, but He is risen! Remember how He spoke to you when He was still in Galilee, saying, 'The Son of Man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.'"

(Luke 24:5-7)

The angels' words pierced their hearts: He is risen! The despair that had gripped their hearts now began to give way to wonder and awe. What they had feared, what they thought was

the final chapter, was in fact only the beginning of a new story—a story of hope, redemption and eternal life.

The women ran to tell the disciples, but they could scarcely believe the news. Yet Peter and John, in a rush of excitement and confusion, ran to the tomb. John, younger and faster, reached the tomb first but hesitated. Peter, ever the bold one, arrived second and immediately entered the tomb. What they saw astounded them: the linen burial clothes were still lying there, and the cloth that had been wrapped around Jesus' head was folded neatly. It was clear—Jesus was gone, but He had not been stolen. He had risen just as He said.

*“And he saw and believed.”
(John 20:8)*

The disciples were left with more questions than answers. At this point they did not fully understand the Scriptures and they returned home, but Mary Magdalene stayed behind at the tomb, weeping. In the midst of her sorrow, she turned and saw a figure whom she did not recognize at first—Jesus Himself.

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*“Woman, why are you weeping? Whom are you seeking?”
(John 20:15)*

When Jesus called her name, “Mary!” her eyes were opened, and she recognized Him. She cried out, “Rabboni!” (which means “Teacher”). Jesus told her not to hold onto Him, for He had not yet ascended to the Father, but He gave her a message to take to the disciples.

*“Go to My brethren and say to them, ‘I am ascending to My Father and your Father, and to My God and your God.’”
(John 20:17)*

Mary Magdalene was the first to be entrusted with the greatest news the world would ever hear: He is risen!

Meanwhile, the rest of the disciples gathered, and later that day Jesus appeared to them. They were gathered in a locked room, still reeling from the events of the past days. Jesus appeared among them and said, "Peace be to you!" (Luke 24:36). They were terrified at first, thinking they had seen a ghost. But Jesus showed them His hands and feet, proving it was truly Him. He ate with them, ensuring they understood that He was alive in the flesh.

*"Why are you troubled? And why do doubts arise in your hearts? Behold My hands and My feet, that it is I Myself."
(Luke 24:38-39)*

In that moment, the weight of despair that had so heavily burdened them was replaced with joy beyond measure. The Resurrection was not merely a fact to be believed, but the living hope that would transform their lives, empower their witness and forever change the course of history.

As the disciples marveled at the miracle unfolding before them, Jesus gave them the Great Commission—sending them to share the good news with the world, baptizing and teaching others to follow His commands. The Resurrection was not only a victory for Jesus, but the first step in God's plan to bring salvation to all who would believe.

Thus, in one glorious moment, the stone was rolled away, the tomb was empty and the risen Christ appeared—victorious over sin, death and the grave. The world would never be the same.

Let the Resurrection of Jesus Christ be the foundation of our faith and the source of our hope. For in His victory, we too have victory.

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0 Death, Where Is Your Sting?

As we commemorate the Passover and remember once again the death, burial and Resurrection of Yeshua our Messiah, we think about and rejoice in the truth, that on that Passover so many years ago Yeshua truly did conquer death and the grave. Recall the words Paul wrote in 1 Corinthians 15:55, "Where, O Death, is your victory? Where, O Death, is your sting?"

Yet, for a few years, this verse from 1 Corinthians 15:55 has jumped in and out of my mind stirring my soul and my heart.

Now, let me begin by asking you to forgive me for using this verse out of its context. I am aware of how Paul meant these words and his purpose in loosely quoting from Hosea 13. However, while both Paul's and Hosea's context is different from how I'm using these words today, that doesn't make my usage of the statement any less valid. When Paul asked the question, he was referring to the truth that our atonement through faith in Yeshua has robbed death of its sting.

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Yet, sometimes we forget that the sting of death that was removed dealt with the eternal, not the temporal. In other words, we know that a born-again believer has no fear of the sting of death because their sins have been forgiven and the handwriting of the ordinances against them were nailed to the cross.

But, that doesn't mean death no longer has a sting. Over the past few years, I have lost nearly 20 close friends, and if the question "Where, O Death, is your sting?" was asked of me, I would honestly say death's sting is in my heart, like a sharp sword or spear. or maybe the stinger of a scorpion.

Please don't read these words to say that I am questioning my faith, or in any way doubting G-D's love, grace, or mercy. Because neither of those things are true. While my faith is strong and I have joy for those who have completed their race and entered eternity with Yeshua, my faith doesn't diminish the sting in my heart at the loss of my friends.

The truth is that at this point in my life, there is nearly nothing that I do that doesn't cause a sting. In the morning, as I drink my coffee, I remember a friend no longer here and I feel death's sting. When I drive to my office at my synagogue, I pass by the homes of friends who have "gone on ahead" and I feel death's sting. Every restaurant, hotel, airplane, cruise ship, conference, and synagogue service brings with it death's sting. No Holy Day, wedding, Bar or Bat Mitzvah, or graduation ceremony is experienced without the pain of death's sting.

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I'm not writing this to complain or to gain sympathy. I'm writing this because I know there are thousands, if not millions, of believers who experience death's sting just as I do and need to know that it is okay to feel death's sting. After all, G-D designed you and I with feelings and emotions. We are supposed to feel death's sting.

For a moment, consider the death of Yeshua's friend, Lazarus. Yeshua wept at his tomb, even though He knew Lazarus was going to be resurrected. Yeshua felt death's sting and wept. These words gave me the strength to be weak. They helped me to understand that it's okay for me to feel death's sting, even though I know one day my loved ones will be resurrected also.

Another example of Yeshua experiencing death's sting in this way is found in Matthew 14, after hearing of his cousin John's death, Yeshua went out to the desert to grieve alone.

So, when I hear the words "O Death, where is your sting?" I no longer pretend or attempt to ignore my pain. I point to my heart and answer "right here." Because I know that pain isn't just proof of feeling the loss. The pain isn't a sign of weak faith; it is actually proof of my love for those I've lost and a demonstration of my strong faith. Because I know it isn't a contradiction to both celebrate their place in the world to come, while also mourning their absence from my life. I believe that feeling death's sting is just one more way I am able to emulate the example of Yeshua.

Eric Tokajer is the author of *Overcoming Fearlessness, What If Everything You Were Taught About the Ten Commandments Was Wrong?, With Me In Paradise, Transient Singularity, OY! How Did I Get Here?: Thirty-One Things I Wish Someone Had Told Me Before Entering Ministry, #ManWisdom: With Eric Tokajer, Jesus Is to Christianity as Pasta Is to Italians and Galatians in Context. Visit his website at .*

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What Happened the Day After God Died?

Note: This is the next part of Charisma's Holy Week series.

After the horror of the crucifixion, a deep stillness fell upon Jerusalem. The crowds that had cried out for Jesus' death now dispersed. The skies had darkened, the earth had trembled, and many were left bewildered. Hope, it seemed, had been buried with Him. But heaven was not silent. Though humanity paused in sorrow and confusion, God's redemptive plan was still in motion.

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It was the day of Preparation—the day before the Sabbath. According to Jewish custom, no bodies were to remain on the crosses during the holy day. Joseph of Arimathea, a member of the Sanhedrin who had secretly followed Jesus, stepped forward with courage. He went to Pilate and requested Jesus' body.

“When evening had come, there came a rich man from Arimathea, named Joseph, who himself had also become a disciple of Jesus.”

(Matt. 27:57)

Pilate, surprised that Jesus had already died, confirmed it with a centurion and granted Joseph permission. Nicodemus, another Jewish leader who had once come to Jesus by night, joined him. Together, they tenderly took the body, wrapped it with linen cloths and burial spices according to Jewish customs, and placed it in Joseph's own unused tomb carved into rock.

“And they laid Him in a tomb which had been hewn out of the

rock, and rolled a stone against the door of the tomb.”
(Mark 15:46)

The burial was hurried. The Sabbath was fast approaching, and work had to cease. But even in haste, care was taken. These secret followers of Jesus risked reputation and standing to honor the One they now openly mourned.

Meanwhile, the chief priests and Pharisees remembered Jesus' prophetic words. Though they had dismissed Him in life, they feared what might happen in death.

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“Sir, we remember, while He was still alive, how that deceiver said, ‘After three days I will rise.’ Therefore command that the tomb be made secure until the third day...”
(Matt. 27:63–64)

Pilate agreed. A Roman guard was placed at the tomb, and the stone was sealed. The religious leaders were determined to prevent any claim of resurrection—even if it meant trying to seal in the very power of God.

For Jesus' followers, it was a day of crushing grief and unanswered questions. Their Messiah, the One they believed would usher in the kingdom of God, now lay behind a stone. The joy of Palm Sunday, the intimacy of the Last Supper, the awe of His miracles—all seemed to have vanished.

But what they could not yet see was that the greatest victory often looks like defeat in the eyes of man. The silence of

Saturday was not the absence of God—it was the hush before resurrection thunder.

The tomb was sealed. The guards were posted. But heaven was only counting to three.

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