

Marilyn Hickey: Safeguard Your Health During Stressful Times

During stressful times, it's important to put the Word of God into our minds and properly care for our bodies. Dr. Bob DeMaria joins Marilyn and Sarah to share wisdom on how to safeguard our health.

By making good choices in your daily diet and avoiding sugar, you can improve your health: spirit, soul and body. Dr. Bob's books *Guide to Optimal Health* and *1 Minute a Day to a Healthier You* will teach you what foods to avoid and how a proper diet can create optimal mental, physical, and emotional health.

When you're in the midst of an emergency, how do you know what to pray? You *can* win in an emergency and get God's help in your time of need. Deborah Smith Pegues talks with Marilyn and explains that by the grace of God, you can get financial direction, wisdom, and guidance with decisions.

When in crisis, lessons from Scripture can help you to gain perspective. Her book, *Emergency Prayers: God's Help in Your Time of Need*, is a 9-1-1 for life's many circumstances and needs. Brief, immediate, and heartfelt, emergency prayers bring God's Word to the forefront and help you to gain control of an emergency situation.

God never creates anything without purpose, and you are not an accident. Today, people are frustrated, suicidal and unfilled because of a lack of purpose. But when you are busy with God's purposes, you will be fulfilled and satisfied. Guillermo Maldonado's book, *Created for Purpose*, explains that we must be anointed to fulfill our purpose in life and be supernaturally empowered with divine ability to do the

impossible.

God has ordained for you to live in time and have seasons while on earth. But you will not enter your season—a time of supernatural favor—without knowing God's purpose for your life. {eoa}