

1986 A HISTORIC MOMENT:

EAGLE MOUNTAIN INTERNATIONAL CHURCH

THE FIRST BUILDING COMPLETED AND OCCUPIED AT THE FORT WORTH HEADQUARTERS FACILITY OF KENNETH COPELAND MINISTRIES WAS THE CHAPEL—THE GATHERING PLACE FOR EAGLE MOUNTAIN CHURCH. WHEN THE STAFF MOVED TO "THE MOUNTAIN" IN NOVEMBER 1986, THE CHURCH HAD ALREADY BEEN DRAWING PEOPLE TOGETHER FOR WORSHIP SERVICES FOR MONTHS.



By 1993, when the Lord called George and Terri

Copeland Pearsons

to pastor the local

congregation, the

church had become
Eagle Mountain International
Church. Under the leadership
of Pastors George and Terri,
EMIC quickly grew to the
place that a new church
facility was needed.

May 18, 1997, during the groundbreaking service for the new building, Pastor George told the congregation and guests: "What you're seeing with this building is just the outflow of what's going on inside of us. What takes place on the inside is much

more important than what you see on the outside. You're believing God for a building on the inside of you...your aspiration. This building is a point of contact for whatever you are believing God for in your life. And you're going to see the completion of it."

Kenneth Copeland dedicated the new building on Aug. 30, 1998, praying:

Father, we give You place and honor in this structure. And in the Name of Jesus. we dedicate this [building] to the presence and the glory of Jesus, His blood, His Name and His people, so that men and women who walk through these doors will sense the presence of God so heavily that they will be convicted of their sins and they'll fall on their faces before Almighty God. And that sickness and disease can't pass beyond those doors...the glory of God will heal them from the crown of their heads to the soles of their feet. We pray and ask You for the presence of Your glory until Jesus comes!

Since the day the doors of the new EMIC sanctuary opened, people from all over the world have been saved, healed and delivered by the ministry of Jesus through the men and women of God who have dedicated themselves to His service there. Pastors George and Terri continue to lead the international congregation of believers where not only have hundreds made their way from around the world to become part of the local church, but thousands have connected through live services broadcast over the internet at emic.org.

Today, after years of EMIC's children and young people gathering in other buildings around the KCM headquarters campus, a new Student Life Center has been constructed. The theme scripture for the new facility applies to every phase of EMIC's growth as an international ministry center both in external buildings and inside the hearts of its people: "For [of course] every house is built and furnished by someone, but the Builder of all things and the Furnisher [of the entire equipment of all things] is God" (Hebrews 3:4, The Amplified Bible, Classic Edition). 🕦



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MylChurch My SKA

Top: KCM staff in front of new chapel building

Bottom: George Pearsons (center), Terri Copeland Pearsons and Kellie Copeland (right) participate in groundbreaking ceremony for new Student Life Center in 2007.



YOU CAN TAKE

HIM AT HIS WORD AND

CONQUER

CHALLENGE!

EVERY



4 ∥ When Faith Comes

by Kenneth Copeland God gave you His very own faith as a gift the moment you were born again. To develop that faith in any area of your life, spend time in His WORD.

8 Worth Singing About

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in Fort Worth, Anna Byrd landed in
Superkid Academy where she learned
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created her to be, doing what she loves
to do...singing and worshiping the Lord.

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Most people slowly build up a sensitivity
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way to burn fat (especially belly fat)
and trigger a shift in metabolism that
decreases hunger and cravings.

Rediscovering the Power of Boldness

by Jesse Duplantis When you have faith that the Spirit of Jesus Christ Himself lives inside you, and that the Holy Spirit is backing you up 100 percent, you'll be bold. Boldness in faith is your key to total victory.

Respect and Receive

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Gloria and I consider PARTNERSHIP a very sacred thing and are convinced that the principles of partnership are KEY TO VICTORY in these last days.



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find out how!



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Spanish edition

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It's a great way to recycle!



No matter how many defeats

you've experienced in some area of your life—you can believe God in that area. You can take Him at His WORD, conquer every challenge, and become a living testimony to 1 John 5:4: "This is the victory that overcometh the world, even our faith."

"But Brother Copeland," you might say, "I've tried to believe God in the past for some things and just couldn't seem to do it. Maybe I just don't have what it takes."

Certainly you do!

First, you have God's very own faith that He gave you as a gift the instant you received Jesus as your LORD (Ephesians 2:8). Second, you have abundant access to His WORD. Anytime you choose, you can open your Bible and read the Covenant of BLESSING that's yours in Christ Jesus. Anytime, day or night, you can turn on your CD or DVD player, or tune in to the BVOV Network, and hear the Anointed WORD of God being preached.

Talk about having what it takes

to believe God! You've got it made. God's WORD is more available right now than it's ever been before in all of human history—and, as Romans 10:17 says, "Faith cometh by hearing, and hearing by the word of God."

Notice that verse doesn't say faith *might* come. It doesn't say that faith *sometimes* comes. No, it says if you keep hearing and hearing The WORD of God, faith cometh! Period. It cometh every time, all the time, because it's a spiritual law; and spiritual laws are even more powerful and exact than natural laws. They never fail to work.

Not long ago, I was fellowshiping with The LORD and He said to me, Kenneth, think about it this way. When you put water in a teakettle, if you put the fire under it and keep the heat on, the result is certain. You don't have to keep feeling the water to see if it's getting warmer. You don't have to confirm with sensory evidence that the law of thermodynamics is still in force. You know what's coming. If you're at sea level, when the water gets to be 212 degrees Fahrenheit (or 100 degrees Celsius) it's going to start bubbling because there's no such thing as water that won't boil.

The same principle applies in the realm of the spirit: There's no such thing as faith that won't come! If you keep the fire of The WORD burning in you, faith is eventually going to bubble up in your spirit. You won't necessarily feel it because faith isn't detectable to the natural body. But nevertheless, if you keep the scriptural heat on, one day your faith is going to boil.

When it does, it will go off inside you like the whistle on a teakettle. Even though nothing on the outside may appear to have changed, in your heart you'll know that you know that you have believed God. You'll be able

to shout with joyful assurance, "The victory is mine! I have it now!"

How to Get to the Shouting Place

"But Brother Copeland," you might say, "can I really be assured I have the victory even before my circumstances have changed?"

You can when you have faith because, as Hebrews 11:1 says, "Faith is the substance [or the assurance] of things hoped for, the evidence of things not seen."

Faith causes you to respond to God's WORD in much the same way I responded some years ago to some natural news I received about a property that Gloria and I wanted to buy. We'd made an offer on it and, after waiting several days to hear a response, the realtor called us and said, "They've accepted your offer!"

At that point, not one piece of paper had been signed. I didn't have a shred of physical evidence that the deal had been made. But I believed it anyway. I didn't wring my hands and say to Gloria, "Let's hope, hope, hope this is actually true." I didn't say, "Well, he said they accepted our offer, but let's hope they don't change their minds."

On the contrary, I immediately started rejoicing. I turned to Gloria and shouted with confidence, "It's ours, girl! We got it!"

In that situation, the only assurance I had was what some fellow said to me on the phone. But I believed him so that was enough. How much more should it be enough when we have God's WORD about something? How much more should we shout over what He said?

God's Covenant of BLESSING is infinitely more thrilling than the best piece of property anyone could ever buy! So if you aren't shouting

POINTS TO GET YOU THERE

God gave you His very own faith as a gift the moment you were born again. You can develop your faith in any area of life by attending to God's WORD. Proverbs 4:20-21 Hearing and hearing God's WORD always causes faith to come; it's a spiritual law. Romans 10:17 When faith comes you know the victory is yours even if the facts of your circumstances haven't yet changed. Hebrews 11:1

Facts are temporary; spiritual truth is eternal; if you stick with the truth it will change the facts.

yet, just start spending more time in that Covenant. Instead of getting discouraged, put The WORD first place in your life and your schedule. Keep going over it and over it until faith comes.

If you've been struggling with sickness or lack, find healing or prosperity scriptures and write them all down in a little notebook. Then carry that notebook with you and read from it throughout the day as you have opportunity. Read it at night before you go to sleep and again in the morning

when you wake up.

In other words, do what God said in Proverbs 4: "My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh" (verses 20-22).

The word *health* in the last phrase of that passage can also be translated *medicine*. I like that particular translation because it reflects a vital spiritual truth. God's WORD really is

supernatural, spiritual medicine, and when taken according to prescription, it releases His healing, miracle-working power not only in your body, but in any area of your life.

Just the healing scriptures you write down in your little notebook would be enough to heal every sickness and disease in existence. Just the little pocket-sized list of verses you put together for your own use could cure every suffering person in the world. One WORD from God can change anyone's life forever, so just think what a whole book full of scriptures can do!

They can connect anyone anywhere to God's healing power because that power is present all over this planet. It's been present here 24/7 since the day of Pentecost. Right now God is present to heal in every hospital on earth. He's present in every hotel and every business, in every home and on every street corner.

Wherever anyone may be, the living God Himself is there! He's less than a breath away; and anyone, in any place, at anytime can receive from Him.

All it takes is faith.

Get It Into Your System

Although you can open the door for faith to come by assembling a notebook full of scriptures (or list of scriptures on your cellphone or tablet) I want to reemphasize that's just the beginning. You'll also want to make it a practice to go over those scriptures again and again. Even if you get to where you have them memorized, keep looking at them. Keep reading them and meditating on them.

Don't make the mistake of just leaving them tucked in your pocket or sitting on your nightstand. That doesn't do any good. It's like getting a prescription filled and then neglecting to take the medicine.

You can imagine how a doctor would respond to your making such a mistake. If you filled a prescription he gave you and never bothered to open the little pill bottle, when you went back for your next appointment, he'd say, "You haven't improved at all! Have you been taking your medicine?"

"No, but I keep it right next to my bed so I'll always know where it is."

DID YOU KNOW?

ONE WORD FROM GOD CAN CHANGE YOUR LIFE FOREVER

LONG BEFORE KENNETH AND GLORIA COPELAND BEGAN SPEAKING THE PHRASE "ONE WORD FROM **GOD CAN CHANGE** YOUR LIFE FOREVER" INTO THE LIVES OF THE THOUSANDS THEY MINISTER TO **EACH DAY, KENNETH** HAD SEEN HIS OWN LIFE COMPLETELY **REVOLUTIONIZED** BY "ONE WORD" HE **HEARD IN A TEACHING** BY KENNETH E. HAGIN TITLED, "YOU CAN HAVE WHAT YOU SAY."

In his quest for faith, Kenneth knew he needed to know more of what Brother Hagin preached, but he didn't have the money to pay for it.

"What I needed next was every tape by Brother Hagin that I could get my hands on," Kenneth recalled, looking back on that time in the late 1960s. "I drove my old car over to Brother Hagin's headquarters. His sonin-law, Buddy Harrison, was his general manager. I'd never met him, but I introduced myself and told him I'd been called to preach.

"I need Brother Hagin's tapes," Kenneth told Harrison. "Here is the title to my car. I'll send you every offering I get until I pay for them."

Recognizing the hunger of this young preacher for the Word of God, Harrison did something unexpected. He refused to accept Kenneth's car as collateral, but graciously gave him copies of all Brother Hagin's teaching tapes.

Soon after, Kenneth locked himself away for a solid week to study his newfound treasure—determined to hear from God.

"I knew my heart needed to be filled to overflowing with the Word," he remembers. "I took my Bible and my tape player to the garage and made myself available to God. I stayed out there for seven days. The first day, I listened to tapes for 13 hours. The second day, I was out there for close to 15 hours. From then on I averaged 18 hours a day."

What followed was the beginning of a transformation in Kenneth's life—a transformation that would be the catalyst for change in his and Gloria's lives, and the lives of hundreds of thousands of souls for the Kingdom. Only eternity will reveal the abundance of that harvest, which began with a single gift, and "one word from God." (V

"What?!" he'd exclaim. "That medicine won't help you just because you have it in your possession! You have to take it as prescribed. You have to get it into your system so it can do its work."

The exact same thing is true when it comes to the medicine of God's WORD. For it to do its work in you, you have to get it into your spirit-soulbody system. You have to incline your ear to it; let it not depart from your eyes; and keep it in the midst of your heart. You have to make it your final authority so when you read that by Jesus' stripes you were healed, you don't argue; you agree. You say, "If The WORD says I'm healed, then I'm healed!"

"But Brother Copeland, what if I can still feel pain in my body even after I say I'm healed?"

Let me tell you something: The pain is a temporary fact; the Scripture is eternal truth. If you stick with the truth, it will change the facts. As Jesus said, "you shall know the truth, and the truth shall make you free" (John 8:32, New King James Version).

I've seen this demonstrated time and again. I know one man, for instance, who was set free by faith in the truth, literally from behind the bars of a prison! His name is Gene Neill.* Before he got saved he was a big-time criminal lawyer. He was also a crook.

While he was defending criminals in the courtroom, on the side he was orchestrating bank robberies. Eventually he got caught and sentenced to 50 years in solitary confinement. They slammed the door on him and said, "See you in a half-century, Big Shot!"

His wife was a believer, so while he was in prison, she was at home praying for him. As a result he wound up getting born again and getting into The WORD. After a while, faith came and things began to change for him.

First, he got released from solitary confinement. Then, his sentence was amended to give him a slightly better deal. After a few more years (I don't know exactly how many but it certainly wasn't 50) a guard came and got him one day, took him to the front office and he was processed out of prison. His release was so sudden he didn't even have time to call anyone to come pick him up.

I heard him give his testimony years later on TV to Paul Crouch. "Gene, you're a lawyer," Paul said. "Did you ever look into it and see why they released you?"

"No!" he answered, laughing. "I'm not sure they know I'm gone."

That's the kind of thing that happens when you keep hearing the truth of God's WORD. Suddenly one day faith comes! The revelation of the truth boils up inside you, the whistle on your spiritual teakettle goes off, and you know that you know you've been made free.

Once you know you're free on the inside, it's not going to be long before you're free on the outside because this is the victory that overcometh the world—even your faith!

"But how will I know when faith comes?" someone might ask.

The only way I know to say it is that it's like falling in love. When it happens you just know! If you've been believing for healing, although you may still feel the pain and the other symptoms of sickness, suddenly things look different to you. All at once you just know that you know (that you know, that you know) you're healed. You get a funny-looking smile on your face and say, "I'll tell you what, bless God, I'm going down there to the healing meeting and the minute someone lays hands on me tonight, I'll receive my healing!"

I remember Brother Kenneth E. Hagin telling about a man who stuck with The WORD until he got to that point. For days, he attended one healing meeting after another. Each time he went forward for prayer without getting any results. Brother Hagin almost wondered why the man kept coming. "Laying hands on him was like laying hands on a doorknob," he said. "There was no spiritual spark at all."

Even so, however, the man didn't give up. He kept coming to the meetings and hearing The WORD anyway. Eventually, he showed up early one evening with a great sense of excitement. "I'm going to get it tonight!" he said to the pastor. "You just wait and see. When Brother Hagin puts his hands on me I'll receive because I know now that healing is mine!"

Sure enough, that's exactly what happened. Why? Because faith came!

It will come to you, too, just the same way. So never give up. Never quit. Don't be moved by what you see or what you feel. Keep reading and attending to The WORD. Take it every day according to prescription and it will come to pass in your life!

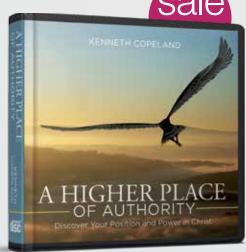
*Note: For information about the late Gene Neill's ongoing World-Wide Prison Ministries, or to order his eye-opening autobiography, *I'm Gonna Bury You!*, please visit go-to-jail.org.

GOD NEVER MEANT FOR YOU TO BE SUBJECT TO THE WORLD'S DISEASES, RECESSIONS OR SPIRITUAL DEATH.

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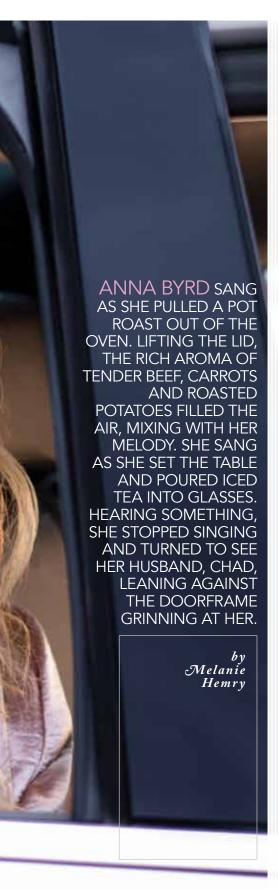
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"Your parents warned me, you know," he said by way of greeting.

"Warned you about what?"

"About you. They said that even as a child you were never quiet. They warned me that you were always singing. Even so, I'm always surprised at how much you sing. Do you even realize it?"

"Not always," Anna admitted with a shrug. "I just sing. It's what I do. Enough about me. How was your day? Tell me about it while we eat. Everything is ready."

After dinner, Chad helped Anna clean the kitchen before settling on the sofa with his guitar. Following a long day at Lockheed Martin building fighter planes, he enjoyed unwinding with his music. As Chad played, Anna sang. Pausing between songs, he looked at his wife and asked the question that burned in his mind.

"What have you written lately?"

The songs that always bubbled up from Anna

dissipated like balloons that came untied. Deflated, she looked up at Chad with the same wide-eyed expression she'd had as a child. In many ways she still felt like that little Russian-speaking immigrant. She'd been rather husky, wearing clothes so old and out of style that she stood out in a crowd. In broken English she'd told anyone who would listen, "I sing for God."

It was true. She did.

She sang for God from the time she woke each morning until sleep overtook her at night.

"You said it yourself," Anna replied, "I sing all the time."

"Yes, of course you do. But what have you written?"

"I've been too busy to write," Anna said, leaving to fold a load of laundry.

The truth was, Anna realized, her singing career was at a standstill. Like a child star whose career ended at adulthood, Anna Byrd had no idea what to do with the rest of her life.

"WHILE IT WAS GOOD TO PRAY AND BELIEVE GOD FOR SONGS, I ALSO HAD TO WAR AGAINST MY INSECURITIES AND ACTUALLY DO THE WORK."

Read Through the Bible in a Year Plan" written by Marilyn Hickey, and used by permission

Identity Crisis

"Even though I'd been raised in church, I still struggled with an identity crisis," Anna recalls. "I was born in Ukraine in the city of Odessa, and Russian was my first language. I was one of five children in a Christian family. My dad always wanted to do missions work, so he traveled and sang until the Lord told him to move to the U.S. We were sponsored by a family in Missouri, so my parents sold most of their belongings and we moved there when I was 2 years

New

old. Dad worked in a Chinese restaurant for minimum wage.

"By 1992, Dad was following Kenneth Hagin and had started doing light translations for Kenneth Copeland. Brother Copeland wanted him to do more, so that year we moved to Fort Worth. Dad taught us the word of faith and we prayed together as a family every morning. He gave us quizzes during the week and we got a nickel for every right answer. At home, Dad only allowed us to speak Russian because he wanted us to be bilingual.

Unwrapping the Gift

"I was 5 years old when I started attending children's church at Eagle Mountain International Church. There I was with my strong Russian accent, big bow and old clothes. At that young age, I wasn't aware that we were poor. I just knew we were different. My parents did a great job making us feel like we had everything we needed—I just never fit in."

Initially, music and singing were a big part of Anna's entire family, she recalls.

"I'd always known I had a call to music, but I felt inadequate, insecure and out of place," she confesses. "But it was Superkid Academy that changed my life. Somehow, Superkid Academy Commanders Dana and Linda Johnson saw past my fear and insecurity and unwrapped the gifts in me."

Superkid Academy was like a wonderland to Anna. On Wednesday evenings, she and her siblings attended Cadet Training. Going from station to station, Anna learned the principles that she would live by for life. She learned about God, and how to worship and access His presence. And she learned about the heart of Jesus. Anna and the other kids were also given an opportunity to put what they had learned into practice.

By age 10, Anna was leading worship in children's church. Mortified to be in the limelight, she was also in awe of the opportunity she'd been given. The little girl with the big voice glorified God through praise. It didn't matter if she

sang the wrong note. What mattered to Commanders Dana and Linda was that they accessed God's presence. It mattered that they relied on the Holy Spirit, not on the arm of the flesh.

When Anna was 11, Commander Dana asked her and her sister, along with two other sisters, to record an album. Over the next few years, The Girls, as they had come to be known, made four recordings.

"We sang at conferences and conventions across the U.S., from KCM's West Coast Believers' Convention in Anaheim, Calif., to the Southwest Believers' Convention in Fort Worth," Anna remembers. "We led worship and taught the children. I still had a strong Russian accent but was somehow unaware of it. I also battled a lot of shame over my weight and poor self-image. My insecurity made me wonder if I was no more than a voice. Was that all I was good for? Who was I?

"I begged my parents for voice lessons, but they cost \$100 an hour and they didn't have that kind of money. So I prayed and asked the Lord to do what He does best and teach me."

Linking to the Past

The sun gleamed against a sapphire sky as the airplane circled over the Black Sea. Now 12 years old, Anna peered out the window at Yalta below. Swallowing a lump in her throat, she prepared to land in Ukraine-her first visit to her homeland since the family had immigrated to the U.S.

Yalta, a resort city on the south coast of the Crimean Peninsula, rested alongside the Black Sea, a little over 500 miles around the coast from her birthplace of Odessa. Still jetlagged, Anna walked out of the airport and felt a powerful connection to her homeland. Everywhere she turned, people spoke Russian, which felt like a balm to her soul.

Dana and Linda had chosen Anna as one of the team to travel with Pastors George and Terri Pearsons of EMIC, who had been asked to speak at a ministers' conference in Yalta. While

		Testament	Testament
Wed	1	Ex. 18-19	Mark 9
Thu	2	Ex. 20-21	Mark 10
Fri	3	Ex. 22-23	Mark 11
Sat	4	Ex. 24-25	Mark 12
Sun	5	Ex. 26-28	Mark 13-14
Mon	6	Ex. 29-30	Mark 15
Tue	7	Ex. 31-32	Mark 16
Wed	8	Ex. 33-34	Luke 1
Thu	9	Ex. 35-36	Luke 2
Fri	10	Ex. 37-38	Luke 3
Sat	11	Ex. 39-40	Luke 4
Sun	12	Lev. 1-3	Luke 5-6
Mon	13	Lev. 4-5	Luke 7
Tue	14	Lev. 6-7	Luke 8
Wed	15	Lev. 8-9	Luke 9
Thu	16	Lev. 10-11	Luke 10
Fri	17	Lev. 12-13	Luke 11
Sat	18	Lev. 14-15	Luke 12
Sun	19	Lev. 16-18	Luke 13-14
Mon	20	Lev. 19-20	Luke 15
Tue	21	Lev. 21-22	Luke 16
Wed	22	Lev. 23-24	Luke 17
Thu	23	Lev. 25-26	Luke 18
Fri	24	Lev. 27-Num. 1	Luke 19
Sat	25	Num. 2-3	Luke 20
Sun	26	Num. 4-6	Luke 21-22
Mon	27	Num. 7:1-48	Luke 23

Num. 7:49-78

Luke 24

Dana and Linda spoke on children's ministry, Anna and the other children demonstrated how it was done.

"I stood in that packed venue and let my voice soar in praise to God in Russian," Anna recalls. "The thing that stood out to me the most was the passionate praise that rose from the Christians there. It was inspiring to add my voice to theirs. Although I didn't have any family left in Ukraine, my heart melded with theirs. I flew home with a new appreciation for my homeland, and with a new joy about singing in Russian."

Anna arrived back home on a spiritual high from her experience in Ukraine, and with a powerful new love for her homeland and her people. She couldn't wait to discuss her experiences with her family. Although her parents were thrilled to hear about the trip, Anna sensed a tension in the air that was unfamiliar. Her parents seemed burdened, their happy countenances clouded. From the privacy of her bedroom she heard them arguing, and feared the worst.

Warfare Praise

Unsure what to do, Anna crawled onto her bed and sang praises to the King of kings. Each time she did, peace descended on her heart. Then it permeated the room, shifting the environment.

"As a child, my stability was linked to my parents," Anna says. "I wasn't old enough to understand the stress and culture shock they were still dealing with. As a consequence, I turned more and more to God's presence for my peace. That presence meant more than anything to me.

"Commanders Dana and Linda had taught me that worship was a lifestyle, a way to communicate with God—and a weapon. Looking back, I realize that going to my room to worship not only helped me find peace, it helped change the atmosphere. It was a weapon of warfare against the enemy.

"Of course my parents used their love and faith to resolve their issues. In the process, I learned how praise could shift an environment. It was a lesson I would use when facing many difficult situations."











Success had come early to Anna: leading worship at age 10, recording her first album at age 11, traveling the country to sing at conferences and conventions, and flying to Ukraine on a ministry trip at age 12. Before the age of 20, Anna had recorded several praise and worship projects, done a commercial, and recorded her own extended play album.

Then, just like many child actors who'd grown up, the opportunities seemed to dry up and blow away on the blustery Texas wind. She was stuck. At a standstill. Unsure what to do.

Faith to Press Through

In 2008, Anna married Chad Byrd, and a couple of years later he started asking her questions she didn't know how to answer. "What have you written?"

How could she tell him that she didn't have any music to write?

The words stuck in her throat.

One evening after dinner, Chad tuned his guitar and said, "OK, let's do something. It's time for you to write."

With Chad's support—and prodding—that evening they wrote a song.

Then they wrote another. And

"I don't know how I thought songs and music would come," Anna admits. "I think I thought that I would get into a holy moment with God and it would spring up out of nowhere. Like maybe I'd wake up from a dream and record what I'd heard.

"That changed when Chad began questioning why I wasn't writing. It took me a while to realize that my reluctance stemmed from that old root of insecurity. Chad challenged me and helped me to push past it. When we sat down together and wrote a song, I realized how true it was that faith without works is dead. While it was good to pray and believe God for songs, I also had to war against my insecurities and actually do the work."

A New Wind

"By this point, Commander Dana was now Pastor Dana, on the pastoral staff at Gateway Church in Southlake, Texas. He invited me to start serving at Gateway, leading children's worship. I was thrilled to sing on their first children's project, *Look Up*. The following year I received a Dove Award for it.

"After a couple of years, Pastor Dana invited me to become a worship leader. I got to sing with the Gateway worship team at Cowboys Stadium with Matt Maher and Kari Jobe. I was also invited to be part of the Women of Faith Tour with CeCe Winans and Third Day. I've been blessed to work with such amazingly talented people.

"Michael Howell produced my first EP which was heard by awardwinning producer Ed Cash and his brother! I worked on my second EP with Ed Cash, Scott Cash, Ryan McAdoo and Cody Norris. I also wrote with Matt Armstrong, but he didn't actually work on the EP. One of my songs, "Lead Us," was released on Gateway's 2014 devotional CD. I also got to sing backup on Kari Jobe's Majestic recording, and was asked to go on the Women of Faith tour again with artists like Matthew West and Natalie Grant. As I have worked with Ed and Scott Cash, I've connected with some amazing people and the fruit of what we have worked on has been recognized, and I am currently working on a full project of my own, soon to be released in 2017.

"I look back and am amazed at the hand of God on my life. He uprooted me from Ukraine and planted me in Fort Worth—right where I could learn faith, and be trained in one of the few places on earth where children are taught from a young age how to operate in their gifts—Superkid Academy. It was KCM that linked me from my past to my future."

At long last, Anna Byrd's struggle to find her own identity had ended. And there is only one identity that matters: She is a daughter of God, and that's worth singing about.

EQUIPPING A NEW GENERATION OF FAITH

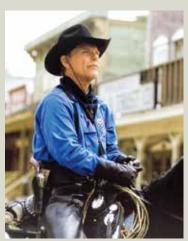
"THERE IS NO PRICE TOO BIG, NO EFFORT TOO GREAT, NO JOB TOO HARD FOR OUR GOD TO REACH OUR CHILDREN. WHATEVER WE MUST DO, WE ARE GOING TO REACH OUR KIDS."

KENNETH COPELAND DECLARED IT, AND OVER THE YEARS YOU, OUR KCM PARTNERS AND FRIENDS, HAVE BEEN HELPING US ACCOMPLISH THAT GOAL THROUGH YOUR FAITHFUL PRAYERS AND FINANCIAL SUPPORT.

For nearly 30 years, KCM

has been producing books, curriculums, devotionals, magazines, CDs and DVDs, music videos and movies specifically designed to minister to children around the globe.

The idea for Commander Kellie and the Superkids $^{\text{SM}}$ was birthed in the 1980s, and the first Superkids adventure audiotape was released in 1989. Three more audiotape adventures followed, and by 1992, the first Commander Kellie and the Superkids movie, The Intruder, had been released. That same year, Wichita Slim (Kenneth Copeland's Western character) made his first appearance to the delight of young audiences all over the world.



Kenneth Copeland as Wichita Slim

"We set out to do full-length motion pictures, and in those motion pictures, train and teach the power of The WORD of God," Brother Copeland explained.

The next Superkids movie, Armor of Light, debuted in 1995, followed by The Sword in October 1997. Then, in May 1999, Judgment: The Trial of Commander Kellie was released. A powerful film, Judgment was built around Revelation 12:11: "And they overcame him by the blood of the Lamb, and by the word of their testimony...." Premieres of Judgment were held around the world following the movie's initial release, and thousands of children came to Iesus.

"The Lord told us to make this film about the blood of Jesus," says Kellie Copeland, aka Commander Kellie and the leader of KCM's children's ministry.

NEW SUPERKID MUSIC CD



kcm.org.uk/mag +44 (0)1225 787310 Brighten your Superkids' day (and life!) with the latest and greatest music created just for them. God's kids should have the very best!

We Are Superkids was designed with that in mind. If you have kids, grandkids or neighbor kids, bless them with a music CD that will have them glowing, growing and singing along! Includes the songs Look Up and Wannabe, featuring Dove Award-winner and former Superkid, Anna Byrd.

FREE UK shipping included. Offer price valid until Feb. 28, 2017

The most recent movie, Superkid Academy: The Mission, was released in 2013, ushering in a new group of Superkids who unite with some returning favorites, as they put the Word to work in this futuristic mystery adventure.

TURN YOUR CHILDREN'S CHURCH INTO SUPERKID ACADEMY

WITH OUR CHILDREN'S CHURCH CURRICULUM!



VOL 6—The Superkid Creed II 13-week volume includes:

- Weekly, progressive lessons
- DVD with video messages from Superkid HQ
- CD-ROM full of resources, handouts and more

Superkid Academy: The Mission DVD Get your kids the latest Superkid movie where they'll see the Word put to work! A fun, futuristic plot with international mystery, your kids will love joining this mission of faith.

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FREE UK shipping included. Offer price valid until Feb. 28, 2017

In addition to audio teachings and movies, KCM began reaching out to children via print in April 1993, when the first children's comic page appeared in the Believer's Voice of Victory magazine. A year later, that single page had grown into an entire full-color magazine just for children, called Shout! The Voice of Victory for Kids. The subscription list for the comic-book-style magazine grew from about 5,000 early on to more than 150,000 when its last issue was distributed in 2006. Funds that were being used to produce Shout! are now being funneled into other faith-filled products for children, adding to our already extensive library of resources for children.

'Let the Children Come to Me'

That's what Jesus said to His disciples in Mark 10:14, New Living Translation, when they tried to discourage children from coming to Him. He then pulled the children onto His lap, laid His hands on them and blessed them. This powerful image shows just how important little ones were, and still are, to the Messiah. As He said, "The kingdom of God belongs to those who are like these children."

Today, KCM continues to point children to Jesus. We cling to the truth that they are important to the kingdom of God because we understand that they are the future of the Body of Christ. And we take the mission of training them how to take their rightful place in Jesus, to understand their covenant rights and to hold closely to the Word of God, very seriously.

"By arming young people with the Word and by helping to strengthen their spirits, it helps them make right decisions and live anointed lives," says Kellie Copeland.

In 2010, KCM released the Superkid Academy Children's Church Curriculum. For the first time, churches around the world had the opportunity to replicate

Superkid Academy in their own congregations. They are able to provide the same excellent ministry that children have received over the past 15 years through the original Superkid Academy at Eagle Mountain International Church and at KCM's annual Believers' Conventions. The first seven volumes of the curriculum include: My Father Loves Mel; The Fruit of the Spirit in You; Sweet Life: Living in God's BLESSING; The Heart of a Superkid: God's Character in You; The Superkid Creed; The Superkid Creed II; and The Superkid Creed III.

Currently, more than 1350 churches worldwide have implemented the life-changing children's church curriculum with exciting results. In addition, we continue to develop home versions that serve as companions to each church curriculum. KCM continues to receive testimonies of the Holy Spirit moving in the lives of children through the curriculum. Salvations, healings, baptisms in the Holy Spirit and spiritual maturity in the lives of children are the results that churches are witnessing. And we're not finished.

The Superkid Academy Children's Church Curriculum is just one more opportunity for KCM to fulfill its mission to "build an army of mature believers, bringing them from milk to meat, from religion to reality." From day one, KCM has believed partnership makes the difference in everything we do. When we partner together, we share one another's anointings and giftings for the furtherance of God's kingdom. Through partnering with the Superkid Academy Curriculum, teachers and parents have everything they need to teach the uncompromised Word of God-real faith-to the children. KCM's commitment to children remains strong. From special children's ministry at Believers' Conventions to the power-packed products we offer, God is using KCM to reach, teach and equip children worldwide.

Hey, Superkid! Here we are in February already, and 2017 is ticking away. I know Jesus has some amazing plans that He wants to become reality for us.

Last month we talked about that "Come to Jesus" meeting many parents feel the need to gather the family for. How did it go? I pray our message last month helped you to understand and gain from a time of correction in a different and better way. It's easy to hear the word "correction" and want to run from it like the children of Israel did. as we learned last month. I believe the truths we talked about last month, will lead you to new places in Jesus for the rest of your life (to reread, go to kcm. org). It's in these "new places in Jesus" that you will find amazing adventures with Him.

Superkid, I'm talking about a new relationship with Jesus. A relationship that is more like knowing someone as your best friend than just knowing their name or a few facts about them. Would you like to know Jesus in a new way? I hear you saying, "Yes, Commander Kellie!" (Picture me jumping up and down!)

The good news is, you've already started this journey. By being open to correction and teachable, as we talked about last month, you've opened the door to REAL friendship with Jesus. He said to His friends in John 15:14, "You are my friends if you do what I command" (New International Version). But it isn't just about obedience, it's about opening your life to Him to have command over. Look at Hebrews 12. The whole chapter is about running the race or living the life God the Father intends us to. In the first



part, it talks about keeping our eyes on Jesus. He is the One who fought for us to be close to the Father! And He is the One who births FAITH in us and also DEVELOPS it. Faith for what? Faith to remain, to run the race and to make it through all the obstacles we have to overcome.

Think of life like a race on TV, with challenges, obstacles and hurdles and you have a COACH! He is telling you what you need to know to win each phase of the race. Watch out for that pit! Duck! Lean to the right! Slow down and focus! Don't slow down, hurry! Can you picture this? Is the coach being mean to give such direction? NO! He is simply giving DIRECTION and CORRECTION.

How is that different from what the Lord does for us? Back to Hebrews 12: Why did the children of Israel get so afraid when the Lord coached them on how to get away from Pharaoh and the ways of Egypt? As we discovered last month, He was not correcting them because He was displeased with them. He was DIRECTING them on how to get to the Promised Land and a new way of life.

Hebrews 12 describes correction as a wonderfully, loving, NORMAL function of a great Father! Why do people run from it? The alternative is a disconnected, uncaring, uninterested parent. That is NOT our Father! He sent His only Son, Jesus, to be our Savior, to pay the price for us to be God's kids forever! Hebrews 12 says we don't come to Mt. Sinai, a place of flaming fire, darkness, gloom and whirlwind like the children of Israel did. We COME TO JESUS and to a gathering of God's children, whose names are written in heaven. We come to Jesus, whose

blood says, "You are forgiven!" My favorite part of this "Come to Jesus" meeting is what verses 25-29 say in *The Message Bible.*

So don't turn a deaf ear to these gracious words. If those who ignored earthly warnings didn't get away with it, what will happen to us if we turn our backs on heavenly warnings? His voice that time shook the earth to its foundations; this time—he's told us this quite plainly—he'll also rock the heavens: "One last shaking, from top to bottom, stem to stern." The phrase "one last shaking" means a thorough housecleaning, getting rid of all the historical and religious junk so that the unshakable essentials stand clear and uncluttered. Do you see what we've got? An unshakable kingdom! And do you see how thankful we must be? Not only thankful, but brimming with worship, deeply reverent before God. For God is not an indifferent bystander. He's actively cleaning house, torching all that needs to burn, and he won't quit until it's all cleansed. God himself is Fire!

Jesus is doing some housecleaning in us, Superkids, because He has great things for us to do! Everything that could slow us down, hurt us or keep us from a life of freedom and victory with Him, is being swept away and burned up! No one likes to clean house but everyone likes a clean house! So even though correction isn't always fun, and change isn't easy, the new you will love the new way!

So let every Superkid say, "Bring it on, Jesus! Make me shine! And if there is anything in me or about me that You don't like, burn it up! I am running my race and I'm going to WIN!"

WE WIN, SUPERKID!



An outreach minister at Kenneth Copeland Ministries, Kellie Copeland is the developer of the Superkid Academy curriculum. Through her ministry and as "Commander Kellie," she fulfills the mission of drawing people of all ages into a personal, growing and powerful relationship with Jesus Christ.

GoodNEWSGazette

OUR ENTIRE FAMILY—BLESSED! Hallelujah! Our God

listening to George being debt free, and God not wanting us to be in debt. I got the study notes and the confession before God that we are debt free. The wife and I sat on the couch and of the King and, as we are debt free in Jesus' Name; that all our debts are paid and our house is paid off by the first of the how God was going to do it, we just believed He would.

Then, 45 days later, we received a call from someone wanting to buy some mineral rights for over twice the going rate.

Thirty days after that, we received a check for more than enough to pay off our house and we give glory to God! The story goes on that not only did God bless *us*, but both my sisters and my brother's widow and two children got the same blessing. God is awesome!

We know we will be the rest of the way out of debt by the end of the year. Thank you for your teaching! BVOVN TO THE RESCUE!

Saturday, my body was under attack. As anyone knows, pain will take your focus off the Lord and onto the pain. I tried going to bed, slept about two hours, then I fully woke up around 1 a.m., the pain still hanging on. I turned the TV on to BVOVN.

There was Gloria and her Healing School, speaking in 1995. I watched the entire program, letting the wonderful Word of God free me from the attack!

Praise God! I also want to thank you for being obedient to God with BVOVN. What a blessing! One particular way it blesses me is with my elderly mother. As you may know, many elderly do nothing but watch TV day and night. When I found out BVOVN was on the air, I just knew it was

BELIEVER'S VOICE OF VICTORY NETWORK

REAL. LIFE. FAITH.

our wonderful gracious Lord giving these precious ones a safe and fruitful channel to watch! I am asking God to put it in every nursing home and hospital! Thank the Lord! And thank you!

Ruth P. | Wisconsin

I would like to thank KCM for the prayer of agreement with me over a procedure I had last week. The results came back clear! Praise God!"

DeAnn P. | Iowa

THE DAY AFTER I CONTACTED KCM...

I had been trying to get a job for nearly two years. A few weeks ago, I got the urge to contact KCM and ask them to stand with me in prayer that I'd get a job. I then reasoned it out of my mind. But the next day, I decided to just do it. So I emailed my prayer request.

The day after I contacted KCM, I got called for a job interview. A few days later I got the job!

Hannah L. | West Virginia

BVOVN— JUST IN TIME

I honestly don't know what I would do without the BVOV Network. After having come through a rough patch in my life, it came at just the right time. It is the only channel I watch on TV. It seems as though just the right word at the appropriate time is streaming through on my Roku. Through God, it has been an ever present help in

my time of need. I believe only eternity will reveal the fruit that comes from this network through Kenneth Copeland Ministries. Thank you, KCM, for not only broadcasting through BVOVN, but for being faithful to your call for so many decades. It has changed my life forever. God is so good. AMEN!

Jeff M. | Oklahoma

TOUCHED AND BLESSED

Your Dec. 7 devotional really touched my heart and my wife's. We are pushing ourselves to get into the Word more. Your ministry has been such a blessing and we are blessed to be Partners with KCM.

Thank you for BVOVN. What a great choice for viewing versus the secular channels. God bless.

Art L. | Arizona

'BVOVN HAS CHANGED MY LIFE'

I was watching Gloria and George this morning when Gloria asked for testimonies from anyone these broadcasts have helped. Oh my, where can I begin? I read From Faith to Faith this morning, and my heart just exploded with gratitude for Kenneth and Gloria and all they've taught me. I listen to the broadcast with Gloria and George, and my faith and hope arise over every circumstance in my life.

I wake up in the middle of the night. and I hear word of faith teaching so I go back to sleep meditating on God's Word instead of worry. BVOVN has changed my life and I can't thank you enough. I've been a believer for over 45 years, but I've learned more about God and His Word in the last year that I've been watching BVOVN, than in all those years combined.

I can't express how deeply grateful I am that you obeyed God and made these teachings available to those of us who do not have a church that teaches faith in our area. I'm believing God will change that, however, and make my church one that comes alive to the Word and to faith.

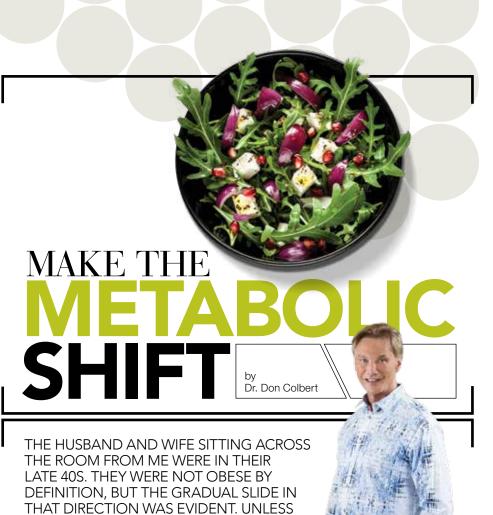
Nothing is impossible with God. Thank you!

Becky B. West Peoria, III.









Let hey didn't know that most people slowly build up a sensitivity to carbohydrates and become insulin resistant as they age, with the tipping point usually around age 50. If a man has a 40-inch waistline, he is carbohydrate sensitive and insulin resistant (35 inches for women). The carbohydrate sensitivity and insulin resistance translate directly into belly fat. They also did not know about the 70-year-old woman I had recently helped to lose 20 pounds, who had exclaimed, "I have greater mental clarity, high energy and I lost weight...this is the easiest weight-loss program ever!" Or, that I have helped hundreds of people, from children to great-grandparents, lose weight, get healthy and live the lives they

THEY DID SOMETHING DIFFERENT, IT WAS

ONLY A MATTER OF TIME.

have always wanted.

But I like to hear what patients have to say first.

"We have tried all sorts of diets," the woman in my office explained, "but nothing seems to work long term."

He spoke up, "Maybe it's a carb thing, I don't know, but we are supposed to eat a lot of carbs. I read that online."

He was right about one thing: It was online. The 2010 report of the U.S. Dietary Guidelines Advisory Committee, which is the official policy of the U.S. government for healthy eating, said that 45 to 65 percent of the calories in our diet need to come from carbohydrates. With an 1800-calorie daily intake, that is

between 200-300 grams of carbs.

He was wrong, however, about everything else.

Those who get 45 to 65 percent of their caloric intake from carbohydrates are only going to get fatter and fatter, especially as they age and become more carbohydrate sensitive and insulin resistant. Interestingly, doctors, dieticians, mainstream media and the government are quick to tell you that if you try to lower the carbohydrate percentage, it "may pose health risks and it is therefore not recommended for weight loss or maintenance."

Nothing could be further from the truth. The fact is, the recommended daily allowances are making us fat, keeping us fat, and causing and fueling countless diseases. Add in carbohydrate sensitivity and insulin resistance as we age, and we have the makings of an obesity epidemic, which is precisely what is happening today.

I am ready for a change. How about you?

Charting a Better Course

I have been recommending a low-carbohydrate diet for years for patients with cancer (even advanced cancers), age-associated memory impairment and early Alzheimer's disease, as well as for patients with obesity, metabolic syndrome, prediabetes, type 2 diabetes and more. It is more than a low-carbohydrate diet. It is a ketogenic diet, and I have found this ketogenic diet to be the fastest and healthiest way to burn fat (especially belly fat) of all the other dietary programs I have used over the past 30 years of practicing medicine.

Remember the "may pose health risks" kickback? We have been told so many times that carbohydrates are good and fats are bad, that we believe it. And because we have swallowed this high-carbohydrate intake hogwash, we suffer from the chronic diseases that come as a direct result. Yes, some fats are bad, but not all are.

I have heard Christians say, "Didn't Jesus say, 'Give us this day our daily bread'? We should eat bread every day, right?" That is faulty logic on many levels, but even if it were true, the bread 2,000



Dr. Colbert is board certified in family practice and anti-aging medicine and has received extensive training in nutritional and preventive medicine. A popular speaker and author, his best-selling books include *Living in Divine Health, Deadly Emotions* and *What Would Jesus Eat?* For more information on the ketogenic diet, go to DrColbert.com.

years ago was not the same as today's bread. Our bread is hybridized, crossbred, refined, and devoid of fiber and many nutrients. It's almost like comparing an orange M&M with an actual orange. Not the same by any means!

History Supports It

This ketogenic program works well, especially for those with excessive belly fat. The low carbohydrate, ketogenic diet is incredibly effective and has actually been practiced and prescribed for more than 150 years.

In the mid-1800s, an English undertaker named William Banting was trying in vain to lose weight but instead continued to gain. Medical doctors during that era told him what most doctors are telling their patients today: Restrict calories, and exercise. This did not work for Banting. He had also tried laxatives, diuretics, Turkish baths and starvation diets, among his 20 failed attempts at losing weight.

Banting, who was short and weighed over 200 pounds, suffered from a painful umbilical hernia that required constant bandaging, and his knees ached so

badly he would wrap them to get relief. Climbing stairs left him short of breath and perspiring heavily. Needless to say, Banting was desperate for answers.

One day he made an appointment with Dr. William Harvey for a hearing problem. Dr. Harvey had studied in Paris and recommended a new diet for Banting that included meat, fish and poultry, along with no limit on animal and dairy fat. It also included small amounts of fruit that were low in sugar, and only a few bites of toast. No other sweets, sugars or starches were allowed. As a result, Banting lost approximately 50 pounds in about a year, suffering no

side effects as he had with previous diets. In addition, this diet gave him more energy, reduced his knee pain, and no longer was he out of breath and sweating profusely after climbing stairs.

Banting was so excited with his weight loss that he wrote a small book about his story and the diet that changed his life. Demand for his book was great and was translated into several languages. Banting, himself, became very popular. In fact, the phrase "Do you Bant?" which was another way of asking, "Do you diet?" became

THOSE WHO
GET 45 TO 65
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THEIR CALORIC
INTAKE FROM
CARBOHYDRATES
ARE ONLY GOING
TO GET FATTER
AND FATTER.

synonymous with Banting. When people thought of dieting, they thought of Banting.

Modern Medicine Agrees

The high-fat, low-carbohydrate ketogenic diet was rediscovered in the 1920s to treat seizures in children and adults, and was used until the early 1940s when medications for epilepsy were developed. In the early 1960s, Dr. Robert Atkins opened his cardiology practice in New York City. Even though Atkins was only 33, he looked about 45, had three chins and weighed over 200 pounds. He was so exhausted that he

would not get up before 9 a.m. and never saw patients before 10 a.m.

Frustrated, Atkins came across a low-carbohydrate diet by Dr. Alfred W. Pennington, and weight loss became easy. Eventually, Atkins was hired by a company to help its employees. He was incredibly successful, helping 64 out of 65 employees lose down to a normal weight. Over the years, Atkins refined his diet to be a low-carbohydrate, high-protein, high-fat diet. As his reputation spread, his diet eventually ended up in *Vogue* magazine and was called the "Vogue

diet." In 1972, he published *Dr. Atkins' Diet Revolution*, a book that sold tens of millions of copies and became the best-selling diet book of all time.

Despite (and because of) the success of his diet, Atkins was seen as controversial and was branded a "quack" by many of his medical peers. In the 1990s and early 2000, I would meet and talk with Dr. Atkins almost every year at medical conferences. We discussed health and diets, and I would pepper him with questions about the newest advances in nutritional medicine. In 2003, Dr. Atkins slipped and fell on an icy sidewalk, fracturing his skull. He died nine days later. Rumors swirled that he died of a heart attack and was morbidly obese at the time

of his death. But those rumors were completely false. The truth is, Atkins was at an average weight at the time of his death.

Why the Ketogenic Diet Works

In more than 30 years of medical practice, I have dissected every diet that exists. I have measured, counted and calculated. I have examined things at the cellular level to see what does and does not work for weight loss. I have monitored, advised and worked directly with thousands of patients to help them get healthy and stay healthy. With the ketogenic diet we are not repeating the

low-carbohydrate, high-protein, high-fat program promoted in the Atkins diet. Rather, this diet (and lifestyle) is very different in that it is a low-carbohydrate, moderate-protein, high-in-good-fat diet. The high proteins in the Atkins diet were actually converting to sugars, which undermined the whole point of the diet. The ketogenic diet restricts carbohydrate intake to usually below 50 grams a day or less, sometimes as low as 25 grams a day, which causes the liver to produce ketone bodies (a byproduct of free fatty acids being incompletely broken down in the liver). This, in turn, causes a shift in the body's metabolism. Instead of burning sugar as its primary fuel, which is what you burn when you consume the daily recommended allowances of carbohydrates, your body begins to burn fat—and especially belly fat. Burning fat is the goal of every

cannot happen with a 45 to 65 percent of calorie intake from carbohydrates, which also typically unleashes a ravenous appetite so that any weight loss is usually not maintained.

A diet high in carbohydrates, sugars and starches drives up blood insulin levels. Insulin is a fat storage hormone that programs your body to store fat. It also stimulates hunger. A ketogenic, low-carbohydrate diet causes insulin levels to remain low, which triggers a shift in your metabolism to burn fat (especially the dangerous belly fat). In addition, it also significantly decreases hunger and cravings!

Wouldn't it be nice to burn fat and not be hungry?

Being in ketosis simply indicates that fat breakdown has been activated. Some say, "I read about ketoacidosis, and it's not good." True, but *ketoacidosis* is not the same as *ketosis*. Ketoacidosis is potentially fatal and is the result of

very high blood ketone levels, which can occur in type 1 diabetics or rarely in type 2 diabetics who have destroyed most of their insulin-producing cells in the pancreas and require insulin. In ketoacidosis, patients have very high blood sugars and high ketone levels. Nutritional ketosis is a healthy metabolic state in which the blood sugar is normal and the ketones are low. In this state of nutritional ketosis, you are burning fat and controlling hunger and appetite.

To see if you are in ketosis, simple and inexpensive urine ketone test strips (Ketostix) are used to measure the level of ketones in your urine. Pass the test strip through your urine stream, and after 15 seconds compare it to the color chart on the side of the bottle. If there are no ketones registering on the stick, it does not necessarily mean there are no ketones in your blood stream. It means that no excess ketones are being excreted yet. Urine Ketostix are the

least expensive means for measuring ketones and if you have ketones in the urine, then you are absolutely in ketosis. The downside is that you cannot use this method for long-term ketosis, which is generally longer than three to four weeks. Once you become adapted to ketosis, ketones in the urine usually disappear.

Some patients will show ketones in their urine after only a few days, while it may take a week or two for others, such as type 2 diabetics and prediabetics. But rest assured, when you limit your carbohydrate intake to 50 grams or less (25 grams) per day, you will go into ketosis and your body will begin burning fat rather than sugar. After three or four weeks, ketones may not show up in your urine, but you can also check ketones in the breath by using a ketone breath analyzer or you

INSTEAD OF BURNING SUGAR AS ITS PRIMARY FUEL, YOUR BODY BEGINS TO BURN FAT— AND ESPECIALLY BELLY FAT.

SMOOTHIE

2 oz heavy cream

6 oz almond milk or 8 oz high-fat, low-sugar coconut milk

1 tsp non-sugar dark cocoa

diet. But it usually

- 1-2 tsp organic stevia
- 1 tbsp organic peanut butter, almond butter or macadamia nut butter
- 1 tbsp extra-virgin organic olive oil or extra-virgin coconut oil
- 1 scoop plant protein or 10-20 grams protein powder (no sugar/2 grams or less of carbs)

OMELET

3-4 eggs (including yolks)

tomatoes, onions, mushrooms, spinach, avocado

- 1-2 oz cheese
- 1 tbsp organic butter
- 1 tbsp extra virgin olive oil

TOMATOES & SALMON

- 3-4 oz smoked wild salmon
- 3-4 oz mozzarella or
- 2-3 tbsp cream cheese

tomatoes, onions, pepper

SEED BREAD

1-2 slices low-carb seed bread

2 tbsp organic butter, olive oil, nut butter or cream cheese

| START MEAL WITH A LARGE SALAD

1-2 cups greens and salad veggies (no croutons)

3-4 tbsp olive oil and vinegar

3-6 oz meat of choice

CHICKEN / TUNA SALAD SANDWICH

1-2 slices low-carb seed bread chicken or tuna w/olive oil mayo boiled egg

onions, celery, etc.

2-3 tbsp cream cheese ialapenos

LETTUCE WRAP

3-6 oz beef burger

lettuce, tomatoes, onions

1-2 slices organic cheese



SOUP

Organic chicken or beef stock and all green veggies (i.e. string beans, broccoli), cauliflower, asparagus, Chinese veggies

NO beans, peas, lentils, noodles, rice, potatoes

2-4 tbsp extra-virgin olive oil, macadamia nut oil, avocado oil or 2 oz heavy cream, 2-3 tbsp organic butter or a combination

onions, cilantro, garlic, avocado

3-6 oz rotisserie chicken, organic beef chunks or hamburger

STIR FRY

beef or chicken, 3-4 oz (women), 3-6 oz (men)

Chinese veggies (no starchy veggies)

Fry in extra-virgin olive oil, macadamia nut oil, coconut oil, organic butter or organic ghee

GRILLED HOT WINGS

3-4 oz organic hot wings (organic skins are OK to eat)

Dip in cold-pressed organic ranch or blue cheese dressing (from health food store).

can check ketones in the blood.

The Diet Is Easy

My wife, Mary, is my greatest fan and my toughest critic. I knew if I could do this diet with her, then I could do it with anyone. Let me tell you the end of the story first...she lost 20 pounds in six weeks. Without question, Mary is the hardest patient ever, but she shoots straight.

"I had no hunger cravings, no sugar or carb cravings, and no lightheadedness," she states. "Quite honestly, it was far easier than I expected."

Mary lost 4-5 pounds the first week, and then a few pounds each week after that. For most people, after the first week they will lose on average 2 pounds a week, but some may lose only 1 pound a week. Still, in a year, that is 52 pounds! Just follow it and you will get there.

In my opinion, this diet is the fastest, healthiest way to burn belly fat (which is directly related to many diseases). If that is not enough, it also helps prevent diabetes, dementia, many cancers, heart disease and obesity. In short, it is a diet that many should be on.

Thankfully, it is more than a diet; it is an incredibly healthy lifestyle. It works long term. It's a diet and lifestyle we can enjoy for years and years to come. And that means...you can live the life you want, fulfill your dreams, play with your grandchildren and great-grandchildren, and accomplish the assignment God has given you. V

Medical Disclaimer: Patients with type 1 diabetes, gall bladder disease, untreated gout, long-standing type 2 diabetes, on insulin, or patients with severe kidney disease should not follow this diet unless under medical supervision. Because each individual is different and has particular dietary needs or restrictions, the dieting and nutritional information provided in this article does not constitute professional advice and is not a substitute for expert medical advice. Individuals should always check with a doctor before undertaking a diet, weight loss or exercise regimen and should continue only under a doctor's supervision.



DISCOVERING

by Jesse Duplantis

THERE'S SOMETHING MISSING FROM THE CHURCH AS A WHOLE TODAY. SOMETHING THAT'S CRUCIAL TO A LIFE OF POWER. IF YOU DON'T HAVE IT, YOU NEED IT DESPERATELY. IF YOU DO HAVE IT, YOU CAN USE MORE OF IT. IT'S THE ESSENTIAL INGREDIENT THAT GETS YOUR FAITH MOVING.

IT'S THE FORGOTTEN **INGREDIENT OF**

BOLDNESS. // I've been called many different things in my years in the ministry. (Crazy comes quickly to mind.) But one thing I've never been called is timid.

People sometimes think I'm bold because I'm one of those "hotheaded Cajuns from Louisiana." But they're wrong. It's not where I come from that makes me so bold, it's who's inside of me.

I'm bold because I know Jesus! One time I was sitting on a plane next to a woman who was a doctor. Suddenly, I just turned to her and said, "Do you know Jesus?"

"Who?" she asked.

"Jesus. Do you know JESUS?!"

"Well, I go to church," she shrugged.

"Congratulations. So does the devil. But do you know JESUS?"

She looked at me in shock. "I'm Lutheran," she said.

At this point, I was starting to wonder if she and I were speaking the same language. But I decided to give it one more try. "I'm not asking your affiliation. I just want to know if you know JESUS!"

"It certainly sounds like you do. And I'd like to know what He looks like," she answered.

At that, I unbuckled my seat belt,

jumped up, threw my arms out and yelled, "Well then, just take a look! He looks like me! I'm made in His

image...in His likeness! Jesus Christ lives in me!!!"

Some people think you'd have to be crazy to do something like that—but you don't. You just have to be bold. There's no substitute for boldness! When you have boldness, you don't care what the world thinks about you anymore. You just care what Jesus thinks. >>

Boldness + Faith!

I get up every morning not knowing what kinds of situations I'm going to encounter. But that doesn't matter. I know that as long as I have boldness hooked up with my faith, no devil in hell can destroy anything God has put inside me.

You may say, "Jesse, that's just your style." Well, it needs to be your style too! You need boldness as much as I do. So I'm going to give you three keys that will help you make it part of your life.

You'll find the first one in Acts, chapter 4. There we see the infant Church under pressure. The apostles had been warned not to preach the gospel any more. The government was threatening to kill them if they continued.

What was their response? They prayed for boldness. "And now, Lord, behold their threatenings: and grant unto thy servants, that with all boldness they may speak thy word" (verse 29).

There's your first key. When the pressure is on...when the devil is trying to intimidate you...when you need boldness...pray for it.

I remember one particular time I prayed for boldness. My pastor had called and asked me to go with him to pray for a young lady who had tried to commit suicide three times. "She's in Charity Hospital on the third floor," he said.

"The third floor? That's the crazy ward!"

"I know," he answered. "That's why I called *you*."

Before we went in there that day, I asked God to give me boldness. I knew we were walking into a horner's nest of demonic activity. As I was praying, He said, Today I will give you boldness of such a degree it will shock people.

When we walked into the psychiatric ward of that hospital, it was clear there were demons everywhere. People were tied down. There was groaning and wailing and screaming. It was a terrible place. When we told the social worker the name of the girl we wanted to see, she said, "I'll let you see her, but I'll have

to go in the room with you."

That was fine with me. To be honest, I was looking forward to seeing the look on her face when those demons started to scatter. Boldness was rising up inside me.

We found the girl hunched down, sitting on the windowsill. I walked over to her and said, "Little lady..." But before I could get another word in, her head jerked up. She glared at me and growled in a low demonic voice, "I will kill you, Jesse."

Believe it or not, that thrilled me. That devil knew me by my first name! That was the best news I'd had all week! Hallelujah, they know my name in hell!

Do you cause the devil so much trouble that he knows you by your first name? I do. I love to aggravate the devil.

Without further warning, that little girl leaped off the windowsill and pounced on me. I started rebuking the devil at the top of my lungs. My pastor was shouting, "In the Name of Jesus...!"

The social worker was wringing her hands and muttering, "Oh my! Oh my!"

Then, all at once, the little girl groaned and out that devil came.

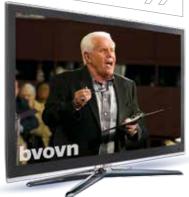
"What happened?" cried the social worker. "The devil came out of her," I hollered. "And I don't know where he went either so you'd better get out of here!" That social worker took off like a shot out of a cannon.

A lack of boldness will rob you of that kind of power!

The second key to boldness is faith. Ephesians 3:12 says, "...we have boldness and confident access through faith in Him [Jesus]" (New American Standard Bible). Boldness comes by faith.

When you have faith that the Spirit of Jesus Christ Himself lives inside you...when you have faith that His blood has cleansed you from all sin and made you the very righteousness of God...you begin to get bold. You just can't help it.

I KNOW THAT
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INSIDE ME.



Watch Jesse on bvovn.com

Someone Powerful Is Backing You Up!

The third key to greater boldness is knowing that Someone powerful is backing you up. That's a lesson I learned from my mother at the ripe old age of 5½. My mother was a 220-pound Cajun woman who'd been eating Louisiana hot sauce since she was born. She was a powerful woman. The kind nobody dared to cross, if you know what I mean.

We lived in a poor neighborhood next to a Mississippi River levee. One day, a 6-year-old neighbor boy named Fred stabbed my best friend in the back with a butter knife. Fred was not your average first-grader. Fred smoked cigars. His parents didn't care. I'd seen them both passed out drunk on their porch many times.

When I heard that Fred had stabbed my friend, I got mad. Real mad. So I grabbed my brother. "Wayne," I said to him, "you and I are gonna whip Fred."

Wayne was agreeable. "OK. But how?"

"I'll lure him into the outhouse. You hit him over the head. Then we'll both grab him and stuff him down the hole." I was only 5 years old myself, but I'd had enough of Fred.

Sure enough, before long little Fred came along smoking his cigar. Everything went according to plan. Wayne and I were dangling Fred upside down, screaming and wailing and carrying on, over the outhouse hole. But before we could get him through it, we heard a gruff voice behind us.

It was Fred's dad, drunk as could be, carrying a pipe wrench and ready to knock both Wayne and me in the head.

"I ought to kill you!" he hollered.

When I heard that, I froze. I knew I should run but for some reason my legs just wouldn't work. *Man, I've had it now,* I thought. Then, another sound interrupted my thoughts. It was the click of a rifle being cocked.

Wheeling around, I saw my mother. She was standing there with her .22 rifle pointed right at Fred's father. "You touch that boy and I'll kill you,"



she said. Fred's dad dropped the pipe wrench and started backing away. Suddenly boldness came upon me. Boldness of an amazing degree. "You want to fight me?" I yelled with newly found confidence. "You mess with me and I'll whip your son and you too!"

Why my sudden surge of boldness? Because I knew that somebody with firepower was behind me. My powerful mama was backing me up.

Right now the devil may be coming toward you with his own brand of pipe wrench, trying to bust you apart. He may be coming at you to kill, steal and destroy. But if you'll listen, you can hear the click of a Holy Ghost rifle behind you. You can hear the voice of Almighty God saying, "That's My child. You take one more step and you've had it!"

When you realize that the Holy Spirit is backing you up 100 percent, you'll be bold. If God be for you, who can be against you? Greater is He who is in you than he who is in the world!

Boldness in faith is your key to total victory. So pray for it. Build your faith. And realize that Someone with spiritual firepower is backing you up.

Rediscover the forgotten ingredient of boldness. Then get ready for the power of God to flow through you!

TRIBUTE FROM JESSE DUPLANTIS

Many years ago, Cathy and I met a wonderful couple named Kenneth and Gloria Copeland. It was a God-meeting because God strategically put these wonderful people in our lives. It is amazing how they have changed our lives and the way we think, what we preach and what we do.

We have learned so many things from Kenneth and Gloria over the years, but the key thing is how they've helped us to cross the great divide between what is

and what can be. You see, it's not just about faith, it's about what faith can do NOW! Not tomorrow, not next week, but now!

WEST COAST
BELIEVERS'
CONVENTION

They have stretched us and our thinking, and they continue to do so. What a wonderful couple God called to teach the Body of Christ!

Kenneth and Gloria, Cathy and I really love you and appreciate you. We not only consider you great ministers of the gospel and prophets of God, but we consider you close and personal friends. It's such a blessing that you can have both at the same time.

Thank you for being who you are, and thank you for your like precious faith. Congratulations on 50 years in ministry! You have set the example.

We Love You, Jesse and Cathy Duplantis Jesse Duplantis Ministries





Jesse Duplantis is president and founder of Jesse Duplantis Ministries, with international headquarters in Louisiana and an office in Australia. For ministry materials and information, call 1-985-764-2000 or visit idm.org.

JESSE DUPLANTIS

SPEAKS AT HIS FIRST



ITH THE HEALING POWER OF GOD FLOWING LIKE A RIVER, AND MINISTERS INCREASINGLY LAYING HANDS ON THE SICK, IF YOU NEED TO GET IN A HEALING MEETING RIGHT NOW, THERE'S NO QUESTION ABOUT YOUR BEING ABLE TO FIND ONE. THE ONLY QUESTION IS, WHEN YOU GET THERE, WILL YOU BE CONFIDENT YOU'RE GOING TO RECEIVE?

by Gloria Copeland You can be, you know. You don't have to just show up at the meeting wondering and waiting to see what's going to happen. You can show up in faith, assured in your heart that you're going to be healed. You can be certain, even before the man or woman of God lays hands on you, that the moment they touch you, God's Anointing will flow!

Think about how people in the New Testament came to receive ministry from Jesus and you'll see what I mean. Literally multitudes of them came to His meetings expecting to be healed—and they were. If they came to Him in faith, Jesus never sent anyone away still suffering from sickness and disease. He never told anyone that it wasn't God's will to heal them...or that they'd have to wait awhile because God was using sickness to teach them something. On the contrary! Jesus was famous for healing absolutely anyone who reached out to Him—no matter who they were or how notorious a sinner they might have been.

His willingness and Anointing were so well known, in fact, that in some places the crowds not only came to receive from Him themselves, they gathered up everyone they possibly could who was willing to come with them.

Mark 6:55-56 tell us: "[They] began to carry about in beds those that were sick, where they heard he was. And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought him that they might touch if it were but the border of

his garment: and as many as touched him were made whole."

"But Gloria," you might say, "that was different. Those people had Jesus right there with them, ministering to them in flesh and blood."

Yes, they did. But in a sense, so do you. When you go to a healing meeting, Jesus is there in the form of the men and

women of God He has sent to minister to you, as His representatives. His Spirit is present within and upon them. They're His ambassadors, laying hands

on you in His Name.

If you'll respect and receive them just as you'd respect and receive Him, you'll absolutely open the door to the power of God to get you delivered. You'll be able to connect by faith to the Anointing of Jesus Himself.

What's going to happen when you make that connection?

The same thing that happened to the woman in Mark 5. You probably remember her story. She suffered from an incurable medical condition the Bible refers to as "an issue of blood." For 12 long years, she spent all her money going to doctors, but they were unable to help her and she was left destitute and without hope.

Then, somehow she found out about Jesus. She heard He was anointed of God and that people were getting healed in His meetings. Suddenly, faith sprang up in her heart and she said, "If I may touch but his clothes, I shall be whole!"

Physically, she wasn't in any condition to even leave her house. According to Jewish law, she could have been stoned for even going out in public. But she got herself out of bed anyway and headed out the door. She didn't decide she was too sick to go to the healing meeting. She understood that if you're sick that's where you need to be!

When she got to the place where Jesus was ministering, she found Him surrounded by masses of people. But determined to get to Him, she pushed her way through them. Once she got close enough, she reached out, touched

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POINTS TO GET YOU THERE

When you go to a healing meeting, go with the assurance in your heart that you're going to be healed. Prepare yourself in advance, so that the instant the man or woman of God lays hands on you, God's Anointing will flow into you and you will be sure to receive! Here are some points to get you there:

When Jesus
was ministering
on earth, every
sick person who
respected the
Anointing on Him
received their
healing.

healing. Mark 6:56 When Peter ministered in Jesus' Name, people responded to him just as they responded to Jesus. Acts 5:15-16 Jesus said if you receive those He sends to minister healing in His Name, it will be as if He's ministering to you Himself.
Matthew 10:40

Even in Jesus' ministry, what people received was not just up to Him, it was up to them. Mark 5:34 When a minister lays hands on you, connect with the Anointing of God by believing, speaking and acting in faith.

IT'S THE SAME WAY WITH THE ANOINTING OF GOD. IT FLOWS LIKE ELECTRICITY, AND LIKE ELECTRICAL POWER, IT'S ALWAYS AVAILABLE, BUT

IT DOESN'T GO TO WORK AND PRODUCE RESULTS UNTIL SOMEONE PLUGS INTO IT BY FAITH.

the hem of His garment, and:

Straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague. And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes? And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me? And he looked round about to see her that had done this thing. But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth. And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague (verses 29-34).

For the Power to Work, You Have to Plug In

Look again at what Jesus said to that woman. He said, "Daughter, your faith has made you whole." He didn't say, "My faith made you whole." He didn't say she was healed because God saw her need and moved on Him to minister to her in a special way. No, Jesus didn't even know she was there until she drew the Anointing out of Him and into her body. He wasn't aware of her at all until after she was healed!

There's a lesson to learn from that. When you go to a man or woman of God to receive ministry, what happens is not just up to them. It's also up to you. You can either draw on the anointing or you can reject it. You can either be receptive to it, or not.

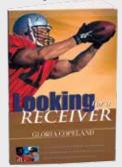
This is something I've noticed when ministering in Healing School. As I lay hands on people, not everyone feels the same to me. It's a little difficult to explain, but some people, when I touch them, will seem



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Like a quarterback in the Super Bowl, God has His mighty arm drawn back, eager to hurl blessings into your life. But He can't unless you are in position to receive.

In Looking for a Receiver, Gloria Copeland explains what puts you in position to receive. You'll find that when you go after God like you would silver and gold, you're in for blessings beyond comprehension.



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I don't know why they're like that. Maybe they're afraid or full of doubt. But whatever the reason, they aren't open to letting the Anointing of the Holy Spirit go into their bodies. So when I touch them, even though God's power is present, nothing happens. No connection is made.

To understand this, think about how electricity functions. It's available in abundance through the electrical outlets in your house, but it doesn't go to work until you plug something into those outlets. No power is produced until an electrical connection is made.

It's the same way with the Anointing of God. It flows like electricity, and like electrical power, it's always available. But it doesn't go to work and produce results until someone plugs into it by faith.

The first person I ever heard explain this was Brother Kenneth E. Hagin. He's the minister who taught Ken and me about the word of faith in the early years of our ministry. He was born with a deformed heart and an incurable blood disease. As a teenager he spent 16 months bedfast and dying.

At that time in his life, no one had ever told him that God would heal him. The preachers who came to visit him didn't know. They'd just try to comfort him by saying, "Be patient, my boy, it will all be over soon." Then they'd go in the other room and start talking to his family about his funeral.

One day as Brother Hagin lay in bed reading his Bible, however, he saw in Mark 11:22-24 that Jesus said: "Have faith in God. For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith

shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."

To a bedfast Brother Hagin this came as great news! And he responded to it just like the woman with the issue of blood. He believed it, he said it, and he did it. He pulled his crippled body up out of the bed, connected by faith with the Anointing of God, and he was healed.

Years afterward, when I heard Brother Hagin tell that story, he always made it a point to explain that God's power was present to heal him every day of the 16 months he was bedfast. But nothing happened until he tapped into that power by his faith.

Press Through the Hindrances

The same will be true for you. You'll have to make the faith connection to benefit from the anointing that's available to you through Jesus. But you have an advantage over Brother Hagin. Back when he was a dying teenager he didn't have any healing meetings to go to. He didn't have any ministers who were willing to pray for him and lay hands on him in Jesus' Name.

You do!

Of course, like the woman with the issue of blood, you may have to press through some things to get to those meetings and receive from those ministers. You might have to push through a multitude of negative doctors' reports, for instance, or through years of being taught that healing might not be God's will for you. If you haven't lived for God like you should, you might have to push through feelings of unworthiness and condemnation.

But you can do it. If you'll only believe, you *can* press through and receive from Jesus anything and everything you need!

"Well," someone might say, "I still wish Jesus Himself were here to lay hands on me. He could heal me even if I didn't believe."

No...actually, He couldn't.

You can see that by reading about what happened with the people in Jesus' hometown of Nazareth. He couldn't get much of God's power to them at all. When He told them He was anointed they got offended ("Who does He think He is?" they said, "we know his whole family. He's no one special!") and refused to respect and receive Him.

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Because they wouldn't receive Him, they couldn't receive the power of the Father that was in and upon Him. "And he could there do no mighty work" (Mark 6:5).

It Happened Before... It Can Happen Again

We see this same principle operating in the ministry of the disciples. When they went into a city to preach in Jesus' Name, if they were received in that city with respect, they could heal the sick there. If they weren't, they had to leave and go minister somewhere else. As Jesus said to them when He sent them out, "He that receiveth you receiveth me, and he that receiveth me receiveth him that sent me" (Matthew 10:40).

Nothing about this changed after Jesus completed His earthly ministry and ascended back to heaven either. The principle remained the same. According to the book of Acts, when the apostles and the disciples in the early Church ministered in the Name of Jesus, people who received and respected them and that Name, could connect with the Anointing of God as if Jesus Himself were there. Those who didn't could not.

This is why the ministry of Peter was so powerful. People regarded him as a representative of the Lord and responded to him just like they had responded to Jesus.

"Insomuch that they brought forth the sick into the streets, and laid them on beds and couches, that at the least the shadow of Peter passing by might overshadow some of them. There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed every one" (Acts 5:15-16).

Could that same kind of thing happen again today? you might wonder.

Certainly it could! And it does! The Lord spoke to my heart about it many years ago. He told me when I first began to learn about healing that if EVEN NOW,
THAT GREAT
MOVE OF
HEALING HAS
ALREADY
BEGUN. SO
LET'S DO WHAT
IT TAKES TO
STEP INTO IT
EVEN FURTHER.



we, in the Church today, would start receiving Jesus' ministers the same way we'd receive Jesus Himself, it would unleash His power in our midst at a whole new level. We'd step into the greatest move of healing we have ever seen.

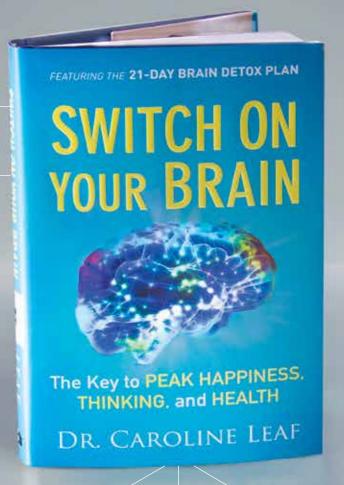
Even now, that great move of healing has already begun. So let's do what it takes to step into it even further. Let's throw off old religious traditions about not giving honor to any man. Before we go to a healing meeting anytime, anywhere, let's learn to pray:

Heavenly Father, I want You to know I receive and respect the men and women of God You have sent to me. I believe Your power is in them and upon them and You will work through them. When they lay hands on me in Jesus' Name, I expect to receive just as I would if He were here laying hands on me. That's what Jesus said would happen and, like the woman with the issue of blood—who was healed—I believe it, I'm saying it, and I'm going to act on it. When the minister of God touches me, I SHALL BE MADE WHOLE!

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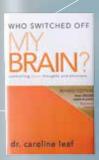
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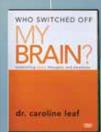
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