

Nº 003

PATRICIA KING'S

ARISE

SPRING 2016

MAGAZINE

FAITH FOR THE WHOLE WOMAN

BUILDING
A GODLY
LEGACY

A VITAL KEY FOR
PROSPERING
YOUR SOUL

GOD'S LAW OF
ATTRACTION

THE STORY OF
LAUREN HOFF

SOUL
PROSPERITY

SOUL FOOD FOR
WEIGHT LOSS





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Patricia King's Women in Ministry Network is helping women in the Body of Christ come into their callings in every area of influence throughout the world. WIMN members are preachers, prophets, apostles, business leaders, public servants, journalists, musicians, actresses, teachers, nurses, homemakers, intercessors, worship leaders, and more - women who serve the Lord and those He loves wherever and however He has called them! Patricia King and her seasoned team of apostolic advisors cover and bless each of the network's members.



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DEAR READER,
Believers were created to live in the fullness of the blessings of God. As those who know Christ, we are called to prosper in every aspect of life, but we can only enjoy the benefits of this measure of prosperity when our hearts are aligned with God's ways, truth and purposes. Our 2016 issue of *Arise* magazine presents, "Soul Prosperity." May you enjoy the rich articles in this issue that will feed your spirit and empower you to enjoy the overflow of God's goodness in your life!
In His Everlasting Love,

Patricia King
Editor in Chief, *Arise* Magazine
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PATRICIA KING'S
ARISE
MAGAZINE

SPRING 2016 | SOUL PROSPERITY ISSUE

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SOUL HEALTH by Beni Johnson

“Don’t copy the behavior and customs of the world, but let God transform you into a new person by changing the way you think. Then you will know God’s will for you, which is good and pleasing and perfect.” —Romans 12:2 NLT

OVER TEN YEARS AGO, I heard the Lord speak to me with instructions to get healthy. My husband, Bill, and I had been pastoring our church in Redding, California and we were seeing God move in great and powerful ways. Spiritually, I was in a good place; but physically, I had a long ways to go.

Over the course of my journey towards health, the Lord began to reveal to me that health is not just for our body, but also is intended for our soul and spirit. God created us as a triune being and His will is to see us flourishing in all three areas.

Before we explore what soul health looks like, allow me first to differentiate between our spirit and our soul. An in-depth study of the Greek words for “soul” and “spirit” suggests that they are similar—in fact, almost identical. However, I found this definition that helped to clarify the difference for me, “The soul is the essential life of mankind ‘looking earthward’ and the spirit is that same principle of life breathed (like wind) into mankind from God that can look towards and experience God.” This suggests that the spirit and the soul have different emphases. For the sake of avoiding confusion, I am going to refer to the soul (the part of us that looks earthward) as the mind.

As believers, having a healthy mind is an essential part of our Christian walk. Jesus’ disciple, Matthew, records Jesus as saying, “You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself.” (Matthew 22:37-40 NLT)

I love this verse because it so beautifully gives us an important key in living a healthy life. It shows us that we must align our minds and our thoughts with God. In order to love our neighbors well, we must love ourselves well. The connection of loving God, loving ourselves, and then being able to show that love to others so beautifully shows how God intended for us to live. For many

of us, learning to love ourselves may feel difficult or even impossible at times! But I promise you that once you begin the process of falling in love with yourself, you will find more freedom and joy in Christ with each passing day.

Aside from finding a new level of freedom in Christ, having a healthy mind has also been proven to have a positive effect on our physical body as well! Our spirit, soul and body are all wonderfully connected. Respected brain specialist, Dr. Caroline Leaf, in her book *Who Switched Off My Brain*, states that, “Toxic thoughts are thoughts that trigger negative and anxious emotions, which produce biochemical, that cause the body stress. They are stored in your mind as well as in the cells in your body.” It’s time to take these toxic thoughts and replace them with loving ones that will bring us healing.

You may be asking yourself, “How do I begin to have a healthy mind?” First, I encourage you to invite the Holy Spirit into this journey. He will be your faithful friend and guidance through this. Take some time and grab a pen and a journal and ask the Holy Spirit to reveal to you His thoughts about you. What does He love about you? What does He see when He looks at you? I encourage you to write down what He reveals to you even if you have a hard time believing those things yourself.

Next, I encourage you to say a prayer of repentance for believing lies about yourself or thinking negative and unloving things. This is important because you are breaking agreement with your former ways. True repentance means that you are changing your mind, which is exactly what you want to do. Next, I want you to say out loud the things that God revealed to you. These will become your “declarations.” Declarations come from aligning our thoughts with God’s and seeing His will, and then partnering with Him by speaking His truth into existence. A definition of declarations that I found and love is: “The formal announcement of the beginning of a state or condition.”

Another way to combat lies that you might believe about yourself is to laugh at them. I want to encourage you to do just that. That’s right. Laugh at them. I know a pastor who strongly believes in this practice, and will actually put people in a circle, and have each one share with the group a lie that they believe about themselves. As they confess the lie, the whole group begins to laugh. It’s a powerful form of ministry because laughter dismantles the lie’s power in such a fun way—it reveals the truth and brings perspective.

In 2 Corinthians 10:5, Paul instructs us to “take captive every thought to make it obedient to Christ.” Some of us may have spent years, even decades, living with unhealthy and self-loathing thoughts, so much so that you may not even realize that you are having those thoughts!

The next step is to ask the Holy Spirit to show you when you are having negative thoughts about yourself, another person, or a situation. When you take those thoughts captive, replace them with how God sees you or the situation.

As with any new change, always allow yourself grace. Creating a healthy soul is a journey and a process. It will not happen overnight. Embrace the process! Enjoy the journey that you and the Holy Spirit are embarking on!

BENI JOHNSON, wife of Bill Johnson, and renowned author lives in Redding California. She is passionate to see people walk in divine health and to partner with the Holy Spirit in every part of their life. benij.org

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Written by Beni Johnson.

Beni and her husband, Bill Johnson are the Senior Leaders at Bethel Church in Redding, California.

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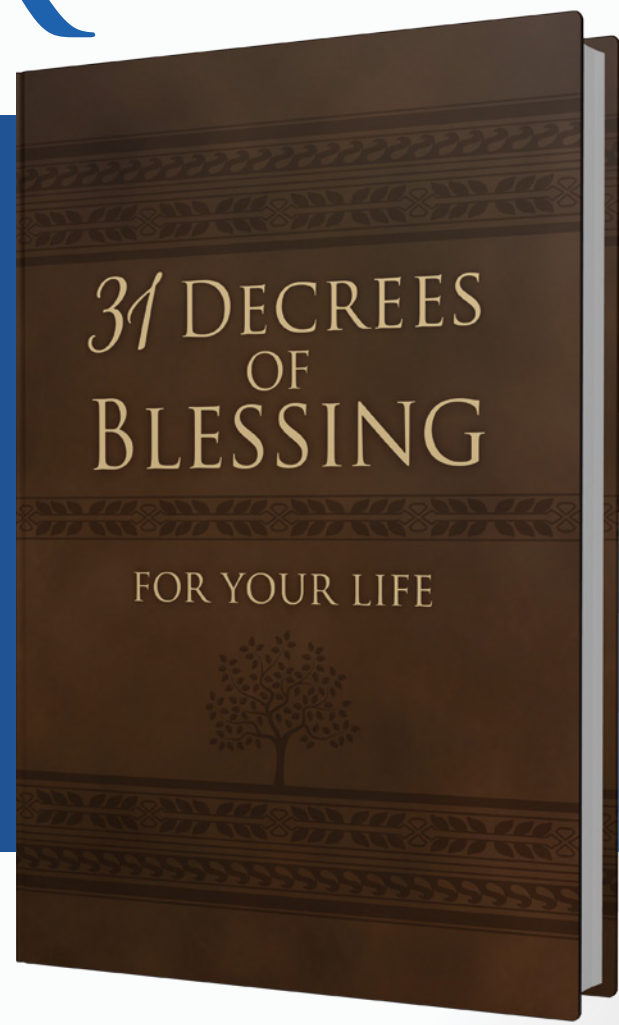
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Leather Bound | 144 pages
 PUBLISHER: BroadStreet Publishing Group LLC
 ISBN-13: 978-1-4245-4929-0



PATRICIA KING has been a pioneering voice in Christian ministry for more than thirty years. She is an accomplished author, motivational speaker, media host, producer, and businesswoman. She is the founder and leader of Patricia King Ministries and resides in Maricopa, Arizona.

AVAILABLE AT THESE ONLINE STORES:



A Vital Key for Prospering Your Soul

GOD WANTS YOU TO PROSPER in every area of your life: Family, relationships, career, finances, attitude and in your physical body.

I have discovered that one of the most important keys for your soul's prosperity is your commitment to the Word of God. The Word of God will cause your soul (mind, will and emotions) to prosper when you believe it with all your heart and activate it!

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” —3 John 1:2

Mind • Get your mind into the realm of prosperity by renewing it daily through the washing of the Word of God, by reading and meditating on it. When you study and meditate on the Word of God you will gain insight, understanding, and divine intelligence.

Will • With joy, submit your will to God's will. You will know His will by reading the inspired, inerrant Word of God. Choose to walk in obedience to His Word.

Emotions • Reflection on the Word of God empowers you to bring your emotions into submission to the Spirit of Truth. Don't allow circumstances to control your emotions. Let His Word direct you.

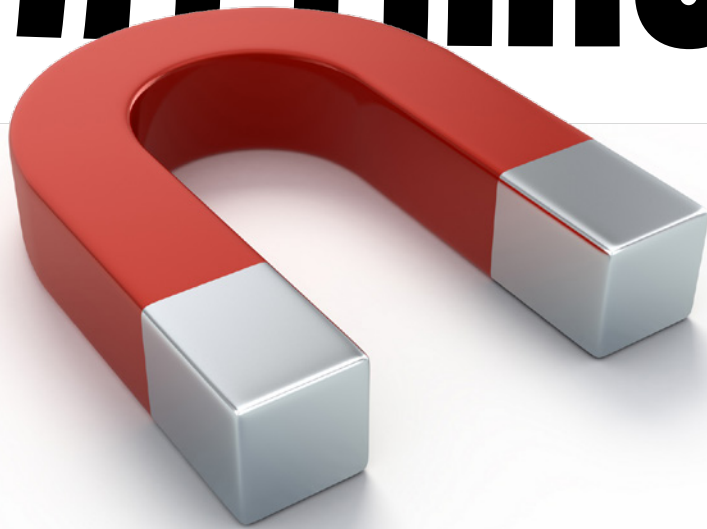
God's Word is truth. Fill your soul with His truth and watch your life flourish in every respect.

CLARICE FLUITT is an internationally recognized author, motivational speaker, personal advisor and Transformational Life Coach, who brings inspiration and insight to each person she engages and every event she attends. claricefluit.com



by Dr. Clarice Fluit

God's Law of Attraction



by Patricia King

As your soul is postured before God, so goes your life. It is through your soul's beliefs and alignment to God's ways and purposes that you create prosperous outcomes.

In 2006, a book entitled *The Secret* became very popular around the world. Thousands of readers credited "The Secret" for increased wealth and accelerated favor among their peers, bosses, clients and investors. Others shared how applying "The Secret" had brought them their desired homes, cars, jobs, careers and promotions.

Still others claimed relationships restored, life-mates found, and businesses graced with much needed turn-arounds within days of applying "The Secret." Many doctors, university professors and business owners saw notable results when they practiced "The Secret" with their patients, students, employees and clients.

The main contributors of *The Secret* were new age practitioners, secular philosophers, motivational speakers,

metaphysicians and leaders of various world religions. While I have no interest at all in gleaning from new age doctrine, I was curious to know what this "secret" was.

As I guardedly read the book, I realized that these seekers had simply stumbled upon a God-created law, while the true Author of the real "secret" remained unknown to most of them. They discovered what science has termed The Law of Affinity or The Law of Attraction.

This law is simply defined as "like attracts like," or expanded to "I attract into my life whatever I give my thoughts, imaginations, feelings, attention, energy, focus and belief to—whether positive or negative."

The contributing authors of *The Secret* claimed that if you align your thoughts, imagination and attention to

the things you desire, you will attract them and they will thus manifest in your life. They simply discovered a God-created law. God creates natural laws, man only discovers them.

"It is the glory of God to conceal a matter, but the glory of kings is to search out a matter." —Proverbs 25:2

Is the Term "Law of Attraction" in the Bible?

We always want to be biblically sound, yet the names of some of God's natural laws are not directly found in the Bible. For example, you will not find the terms "Law of Gravity" or "Law of Aerodynamic Lift" in the Bible, or even a clear definition of them, but we know that God created them. As we observe nature and study the cause and effect of these laws, we can confirm that they exist. Likewise, The Law of Attraction is also a God-created law. New-agers did not create it, God did—and those who were searching, found it.

"The secret things belong to God but the things He reveals belong to us and to our children..." —Deut 29:29

Considerations

Do you know people who live in continual favor and appear to have a steady flow of opportunities, blessings, promotion and open doors that others do not? You are probably also aware of people who seem to have one bad break after another. Some are accident-prone, others continue to attract unhealthy relationships. Still others struggle financially—no matter how hard they try.

For the most part, both types of people have attracted those manifestations to themselves—positive or negative—

through their soul's thoughts, beliefs, choices, responses and the words they speak. This is The Law of Attraction. God's laws work for all people, all the time—whether they are conscious of them or not—Christian or not.

Positive people attract positive results. Negative people attract negative results. When you understand this God-created law, you can intentionally create realms of fulfilled desire, blessing and increase in your life, while avoiding realms of adversity and curse. As you partner with the Holy Spirit, you can purposely create your world according to God's blueprint.

The Soul Connection

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers." (3 John 1:2)

In this verse, John reveals that our health, well-being and overall prosperity are connected to the prosperity of our soul (mind, will and emotions).

When the faculties of your soul, such as your thoughts, imaginations, choices, focus and beliefs are aligned with God's truth, promises and blessings, you potentially prosper and experience vibrant health in every area of your life. Why? Because you attract to yourself what your soul is convinced of.

Your soul is the gatekeeper for the life-making decisions you make that affect you for good or for evil. 3 John 1:2 helps you understand that when your soul prospers, every other area of your life can be in health and prosper.

Called to Prosper

To prosper means to grant success; to flourish and thrive. Are you interested in succeeding, flourishing and thriving in every area of life? You can! You are called by God to prosper.

Can you imagine yourself in vibrant physical, emotional, mental and spiritual health, prospering in every area of your life? Do you desire to experience these glorious qualities? According to 3 John 1:2, You can! You can tap into God's realm of health and prosperity,

where everything in your life flourishes and overflows in abundance.

What Does a Prosperous Soul Look Like?

A prosperous soul is optimistic, positive and faith-filled—aligned with God's perspective, life, promises and truth. A prosperous soul is free of anxiety, bitterness, offense, anger, doubt, wounding and negativity. It is important to nurture your soul and give it the attention it needs. Many scriptures teach us to watch over our heart (soul) with diligence, keeping it free from unforgiveness, offense and unbelief. We are taught throughout the scriptures to think on things that are good, true and edifying. A blessed soul is a blessed life.

Jesus said, "Anything is possible if a person believes." (Mark 9:23 NLT) The Law of Attraction responds to the thoughts, imaginations, and emotions you believe—whether positive or negative, true or false.

God Wants You to Prosper in Every Respect

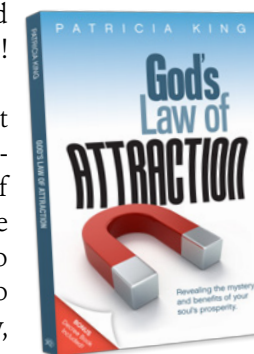
In my book, *God's Law of Attraction* I help people explore, establish and activate God's heart and His word on this subject. As a result, many have experienced desired shifts and breakthroughs and are attracting God's blessings in amazing ways.

God wants you to prosper in every area of your life, but it is dependent on the alignment of your soul with God's word, ways and promises?

When you understand God's Law of Attraction, you are able to purposely partner with God to create realms of fulfilled desire and destiny. God's Law of Attraction was created for you. Enjoy a life filled to overflowing with

God-given kingdom prosperity—prosper as your soul prospers!

Get Patricia's book at xpministries.com





Celebrating An Unseen “Shero” When individuals serve in the public light, they are often highlighted and celebrated for their exploits and the grace on their lives. Lauren Hoff is one of my Kingdom “sheroes” (“shero” = a female hero). She is seldom seen in public, yet has stood strong in her faith and calling, in spite of the multiple health challenges she faces daily. Her faith is unstoppable. Her love for God is contagious. It is my pleasure to introduce you to this woman of God. Lets together celebrate this wonderful unseen “Shero.” —Patricia King

The Story of Lauren Hoff

I WAS GIVEN the name Lauren, which means victory. But, I was born with a degenerative and debilitating neuromuscular disease called Spinal Muscular Atrophy. I slowly lost use of my physical abilities, to the point where all I can do now is talk and move a couple of fingers.

I was raised in a Christian home, but I never knew if God wanted to heal me. I just knew that He could. Fourteen years ago, the Holy Spirit answered me in a big way, assuring me that there was an appointed and strategic time for my healing miracle to manifest and that He would be with me on the journey.

I am not waiting for the manifestation of my physical healing in order to step into my calling. In the midst of constant trials, testings and challenges, I daily receive His amazing grace as I walk towards the fulfillment of my destiny, purpose and promise.

I am a powerful intercessor and prophetess serving with Patricia King’s *Women in Ministry Network*, as well as a businesswoman, graphic designer, worship leader, singer/songwriter, blogger and creative writer. My soul is full and prospering in His presence. I know that one day, the manifestation of my physical healing will come. In the meantime, I am flourishing and bearing fruit as a woman on God’s frontlines.

No matter what you are facing in life, know that His grace will empower you to rise up in His strength and soar with wings as eagles. God is faithful to the end and always true to His word. If He says it, it is yours—never let that go!



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Whole Women Lead Well

by Dr. James W. Goll

THROUGHOUT BIBLICAL HISTORY, women have held key leadership roles in every facet of church and kingdom life fulfilling God’s many purposes in their generation. These special forces in the Lord’s army are secure in their identity, not grabbing for a platform or attempting to make a name for themselves. God is their Father. They have died to self and are recipients of gifts and callings by grace thru faith from their Master.

This arising company of secure women leaders is not in competition with anyone. Unlike some flashy stars in the world, they are not divas, self-centered or trying to act like men. They are not second-class citizens either.

Let’s take a quick glance at the impact women in Scripture made especially in the prophetic ministry God entrusted to them.

Women in the Prophetic

Miriam, the prophetess, stood alongside Moses and Aaron as one of the three main leaders of the Israelite nation as they left Egypt (Exodus 15:20).

Deborah stood as judge before God on behalf of Israel during her time, and came alongside Barak, a military authority, to lead the Israelite army to victory against the Canaanites (Judges 4:4).

Huldah was visited by the high priest, the scribe and a servant of the king, so they could obtain the word of the Lord on behalf of young King Josiah (2 Kings 22:14).

Isaiah’s wife, we are not given her name, but she was a prophetess (Isaiah 8:3). What a team her and her husband must have made!

Elizabeth and Mary, the mother of John the Baptist and the mother of Jesus. The interchange between them resulted in exuberant praise and prophecy concerning the destiny of our Savior (Luke 1:41–42, 46–47).

Anna was the praying prophetess present with Simeon the seer at the dedication of Jesus by His parents on His eighth day of life (Luke 2:36–38). A man and a woman; a seer and a prophetess: equal distribution with unique expressions of the same prophetic presence. As it was at the first coming of Jesus, so it will be at His second coming.

Philip’s Daughters. This evangelist, had four daughters who prophesied (Acts 21:8–9). Four in one family!

Other Secure Women Leaders in the Bible

Jael drove a tent peg into Sisera’s head and delivered him into the hands of Barak (Judges 4). Deborah had prophesied that the Lord would give Sisera to Barak. God did it through the hands of a woman!

Abigail was an advocate who pleaded the case for mercy to David, who was on the run from King Saul, on behalf of her wicked husband (1 Samuel 25).

Esther was the godly queen who saved the entire Jewish race through her bold intercession and fasting.

The woman at the well is seen by many as the first evangelist noted in the Bible, as she went forth proclaiming the good news of the Christ (John 4).

Mary Magdalene was one of the first women at the tomb of Jesus, first to hear that “He is risen,” and first to announce His resurrection (Matthew 28:1–10).

Lydia, the wealthy businesswoman, is noted as the first convert in all of Europe (Acts 16:14–15). This could be considered apostolic in nature.

Priscilla and Aquila were probably a husband and wife teaching team, explaining the Word of God with accuracy (Romans 16:3–5).

Phoebe was a deaconess, highly recommended by Paul, who washed the feet of the saints (Romans 16:1).

Let’s Do It Together

You can see by these many examples—if you needed any persuading—that secure, whole women have always been used by God to do exploits in His kingdom.

Women carry the gifting of the Holy Spirit with sincerity and excellence equal to that of men. As a spiritual father and leader in the body of Christ, I want to declare that we need you! We need you healed up, secure and whole. Why? Because whole women lead well!

So let’s be grateful for each other. We need each other. Let’s learn to defer to one another. Let’s seek and pray for divine cooperation so that a clear, rather than discordant, sound will be produced. Let’s receive and honor the giftings of His most precious Holy Spirit, so that the Church will be victorious and Jesus will be glorified.

Let’s all get healed up and empowered to spread the good news into every facet of church and kingdom life. Let’s do it together!

JAMES GOLL is the president of Encounters Network, the international director of Prayer Storm, and the founder of God Encounters Training, an e-school of the heart. James is a prolific author of numerous books including *The Seer*, *The Lost Art of Intercession*, *Deliverance from Darkness*, *A Radical Faith* and many others. jamesgoll.com

“Dr. James Goll is one of the most thorough teachers in our day on subjects pertaining to the Spirit of God and kingdom life.”

~ Patricia King



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Do You Love Me?



by Nita Weldon

I LOOKED at the clock, it was the early hours of morning. My stomach was in my throat and my world felt as if it was crashing in around me. As the rest of the house lay quietly asleep, I sat on the toilet seat sobbing, trying to make sense of the scenario that had just played out between my husband and I. John had just disclosed to me a secret life of sexual sin.

As I sat there, feeling the hopelessness of betrayal, I heard the voice of Jesus. It was so close, as if His breath was on my face, "I am right here. I am right here." In that moment I knew that Jesus was with me in the journey. I would need this reassurance, revisiting those words and His nearness

often in the weeks, months and years that followed.

As a little girl, I had always dreamed of marrying my Prince Charming. He would swoop in and sweep me off my feet as I played "house" or "dress-up." Growing up, I intentionally pursued a life of sexual purity, guided by my strong desire and conviction to be a virgin on my wedding night.

I had loved Jesus all my life and set myself apart for Him. I had dated men only on a friendship basis until I met John and God confirmed that he was my long-awaited prince.

The intensity of love and passion John and I felt for each other was beyond anything either of us had ever

felt before. The first time we held hands felt like electricity and sparks were about to explode. I had waited 27 years for Father to say, "This is the one." John and I were married in December of 1997.

Even though our courtship was a precious romance, I had been surprised during premarital counseling to find out that John had a history of sexual brokenness. Although I was disappointed at several sexual disclosures, including an affair, in my naivety I told myself, "It's under the blood of Jesus. John has repented. He's a new man. He won't take this into our marriage."

Yet, despite the fact that we were referred to by some as the "Barbie & Ken" couple, early on in our marriage John disclosed that he was struggling with attraction for other women—one of them very close in my life.

I was devastated. I struggled with fear, but kept loving and believing the best. I told myself that these were only bumps in the road, we would pull through.

Four years in, while pregnant with our daughter, Destiny, something hit our marriage like a ton of bricks. Overnight, my husband went from being a kind, gentle, easygoing God-lover, to defensive, easily angered, depressive and harsh. I had no idea what this unseen demon was, but I was becoming more and more agitated by the dark cloud that had entered our marriage.

I later discovered that my husband was having a secret online sexual affair with a young lady, along with many other sexual outlets.

If I would ask him questions about purity and his walk with God, he would act as if there was nothing and make me feel stupid for asking. I would recite 1 Corinthians 13 to myself—that love believes the best—and not press him any further. I also began to push into worship like a mad woman, even though I had no idea what I was fighting.

After a short season, my husband pulled out of the affair, but the damage had been done and he continued to fight a secret life of sexual sin.

John had also started to yell and, at times, throw things. I began to make an exit plan for my daughter and I when I no longer felt we were safe.

The counsel I would receive from well-meaning people was, "submit." Many churches were teaching that it is 50/50 when a husband or wife is struggling with sexual sin. The other "pure" partner is 50 percent to blame. This is a lie, as the roots of sexual sin can be from years prior to marriage.

Sexual addiction has nothing to do with how attractive we are, how sexually amazing we are in the bedroom, or how spiritual we are.

Sexual addiction is rooted in an identity crisis. The addict has developed ways of medicating pain, loss, stress, abuse, neglect, rejection, depression, abandonment, etc. through sexual sin. John had opened his life to the dark grip of pornography, online affairs, sexual chat rooms, voyeurism and more.

So there I sat on the toilet seat, crying, five months pregnant with my son, and my daughter sleeping in the next room. This was not what I signed up for! This was not my Prince Charming! I felt so fragile, so unloved, so vulnerable, so dirty and alone. Then I heard the voice of my Jesus speaking, "I'm right here." His nearness was tangible.

Over the next few years, I fought for our marriage. My soul continued to feel the closeness of Jesus and the Father whispering, "You are my beloved daughter, all your beauty and desirability come from who you are in me. Your significance and value are from me, not from your marriage."

John started to go to counseling. He went through twelve-step programs and even led them. In the midst of the ups and downs, in and out of John's cycles of pornography, sexual sin, depression and his fall-

ing away from God, I began to wear down. At that time, the Lord gave me a powerful encounter in His presence that gave me hope and courage.

From that day forward, I set my face like flint and kept my focus continually fixed on Jesus. If it got off, I would realign. It was as if Jesus was standing on the shore, my boat headed towards him and he was saying, "Do you love me?"

"Yes! Of course, I love you, Jesus!"

"Do you *really* love me?"

"You know I do."

"Then LOVE JOHN. Let him see who I really am through you. Be the conduit of my love for him."

"I felt so fragile, so unloved, so vulnerable, so dirty and alone."

Honestly, I wanted to run, to be free from the cycles of pain, betrayal and being the abused scapegoat. But Jesus had given me an invitation. He had a love proposal for me. Out of my deep love for Jesus, would I be willing to stay in this emotionally abusive marriage, fight for it and be the face of the Father's love to John? "Do you love me?" I answered with a "yes"—and things started shifting.

I began praying with another woman of faith who held me accountable, believed in my husband, championed my children and would agree with me for breakthrough. I was no longer a victim of my circumstances, Jesus took on my victimization and I was staying in the marriage from a posture of power, powerful in love.

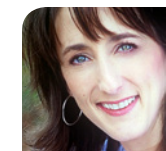
God began to show me that even though these programs for sexual addiction and accountability are good, they are just a band-aid solution. The real problem is an orphan spirit.

John had no idea who he was in Christ. He didn't know that he was a beloved son because Jesus became an orphan so John could be a son! (Matthew 27:46)

John no longer needed to be in slavery to sin. Because of the great grace of God, John could trust his Daddy instead of medicating with sex. Because of all that Jesus accomplished on the cross for him, John carries the same DNA as the God who created the universe. He belongs and therefore can behave in a way that embodies sonship. When I got this revelation as being the key that unlocks addiction, that is how I began to pray.

I would like to say that it was an instant healing, that I was the perfect wife in word and deed, and that my husband changed overnight, but it was more gradual. It's as if Father started to wake John up from a slumber, into the living realities and tangible truths of sonship. John began to yield, surrender and above all trust God.

John and I have now been married for 18 years. I am beyond thankful to report that the last three years of my marriage have been like a honeymoon of reconnection and healing. There is a new normal in our family. I have a husband who now fights for purity from a place of rest in being a son. I have a healthy father to my children. My kids used to ask me to divorce their dad because of the pain they felt as a result of his choices. Now they beg us to kiss, and hoot and holler when we flirt. I have a man who prays with me and celebrates the things of God with me. Was the fight hard? Yes! Was it worth it? Absolutely!



NITA WELDON, is a wife and mother of two. She is an active member of XPshiloh Fellowship in Maricopa, AZ, along with her husband John and their children. The Weltons have a heart to impact their community.

NO MATTER HOW MUCH YOU TRY, YOU CAN NEVER FEED A SOUL WOUND ENOUGH TO HEAL IT.

When I was on the road a lot, I noticed a pattern developing in my life, one I did not like at all!

I was on the road four days at a time, speaking several times per weekend and very often fasting during the same time. Even so, when I returned home, I would find myself weighing seven or eight pounds more than when I left! How is that even possible?! I wasn't eating big meals or junk foods.

Disgusted with this strange occurrence, I sat on my couch more than three hours one night, my hands on my stomach, commanding my soul to be healed and the fat to disappear. Suddenly, after hours of contending, I felt my stomach drop down under my hands. I was delighted to discover I had instantly lost six pounds!

The next week, after returning from another trip, I was dismayed to find I had gained the weight back. What was I doing wrong?

I finally realized I had fallen into a pattern of sin connected to my traveling. I became upset too easily when airport security was slow. Flight attendants annoyed me. I was offended at hotel clerks when my room wasn't ready. The list went on.

I was overworking and had become bitter about *everything*.

Suddenly the connection was clear. As my bitterness expanded, so did my waistline! Suddenly, God brought to my mind Numbers 5 and the woman who drank the bitter water. If she had sinned, when she drank that evil concoction - the curse of the bitter water came upon her, and caused her belly and thigh to SWELL!

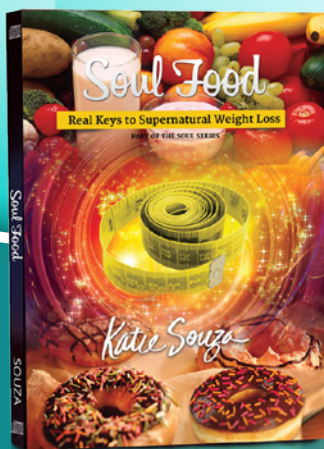
As soon as the Holy Spirit spoke that truth, I knew what I needed. I spent an entire flight home repenting for being offended and bitter. I went through the list of people and circumstances that had angered me and asked for forgiveness. When I reached home I was ready for a miracle!

I stepped on the scale and sure enough, the weight was back. I laid on my bed, put my hands on my stomach and commanded my soul to be healed and for the fat to dissolve. To my amazement, my stomach dropped under my hands after only 60 seconds of prayer. I quickly jumped up and weighed again. I was back to my original weight!

In Soul Food – Real Keys to *Supernatural Weight Loss*, I tell this story in full, plus give many other examples. Maybe your addiction isn't food, maybe it's coffee, alcohol, or something else! All addictive behaviors are conquered, in the same way.

Are you ready to be free? Are you ready to join the ranks of over-comers? I am making Soul Food - Real Keys to *Supernatural Weight Loss* available for a donation of only \$35.00. It contains powerful keys to supernatural weight loss and deliverance from food and other addictions.

To have your copy mailed right away, go to katiesouza.com and make a donation of \$35.00 or more. Do it now!



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Soul Food for Weight Loss

by *Katie Souza*

THE BIBLE SAYS that we will prosper in our health when our soul prospers. Believe it or not, this includes your physical weight!

Right now, you could be carrying around pounds that came upon your body from unhealed areas in your soul! I have discovered that when your soul becomes wounded from daily dramas and traumas, and also through sins like bitterness and offense, your food intake and physical weight can be directly affected.

The word appetite in the Bible not only means the seat of the appetite but it also means the soul. Unhealed areas in your soul can drive you to eat, then cause weight gain. Think about it. Do you remember the last time you felt alone, depressed, or anxious? How did you respond to that soul pain you were experiencing? If you are like a lot of people, you reached for the cookie jar or a bag of your favorite chips.

When we have unhealed areas in our heart we often mistakenly comfort ourselves with food! Our souls are hungry to feel love, joy, peace and happiness, but we often tend to self-medicate with our favorite snack when we those needs are not met,

Jesus has the answer for you—He *is* your answer and will help you overcome as you embrace the finished work of the cross and His resurrection power.

I have seen many desperate individuals get delivered and healed from food addictions, weight issues and food-related diseases. Here are some important tested keys I have discovered that will help you find freedom:

1. Spend time worshiping the Lord and focusing on the power of Christ's finished work of the cross that secured all the promises of God for you. Celebrate the power of His blood that cleanses us from all sin.

2. Ask the Holy Spirit to reveal any unconfessed sins in your life that contribute to bondage or ill-health connected to food (ie: bitterness, unforgiveness, overeating, eating too fast, eating junk food, or finding comfort and satisfaction from food rather than from God and His Word.) Repent from anything He reveals and receive forgiveness (1 John 1:9).



3. If weight issues run in your family, ask the Lord to wash away any sins your ancestors might have committed that were connected with food.

4. Take time to meditate on the power of Christ's blood that is cleansing you completely from the effects of those sins.

5. By faith, intentionally receive the power of God (dunamis) into your soul so you can be healed of every wound that might be controlling your eating and causing weight gain or health issues. Dunamis power is God's miracle working power that worked in you to make you a new creation in Christ (see Romans 1:6). This power heals, delivers and sets free; and it also means, "excellence of soul." When you receive God's dunamis power into your soul, it grants you excellence, freedom and strength within you.

6. Feast on the Word of God regularly and allow your soul to be filled and strengthened.

God sent His Son to give you a healthy, fulfilled life. May your soul encounter His fullness all your days. "...be in health as your soul prospers..." (3 John 1:2)

KATIE SOUZA is founder of Expected End Ministries and host of the television program, *Healing Your Soul: Real Keys to the Miraculous*. She has been featured on TBN, 700 Club, God TV, Extreme Prophetic and numerous radio shows. She is also author of *The Captivity Series: The Key to Your Expected End*, which is being read in over more than 2,500 prisons worldwide. expectedendministries.com



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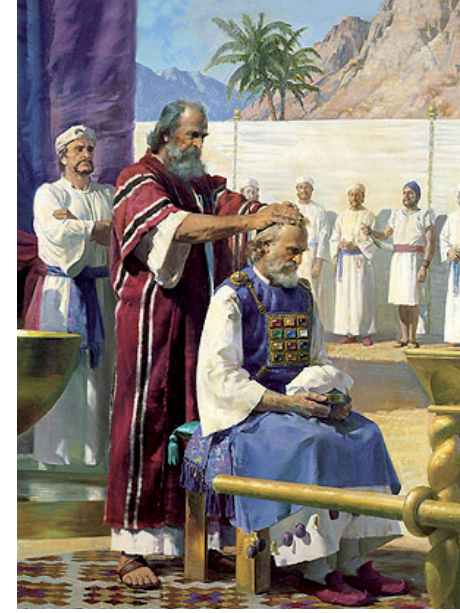
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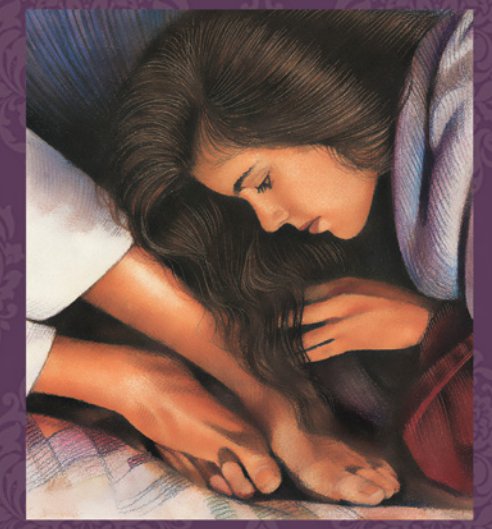
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Teri Secrest's passion is teaching the Body of Christ how to enjoy longevity with vitality at any age. She has spent the last twenty years uncovering the treasures found in Scripture regarding health. Teri teaches in Europe, Asia, Japan, Indonesia and across the United States.

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“I have no greater joy than to hear that my children are walking in the truth.” (3 John 1:3)

BUILDING A GODLY LEGACY

by Sue Ahn

AS I WAS CREATING a “family togetherness memory” over burgers and fries one Sunday after church, there was one more bite of my burger but no more fries on my plate. Looking across the table at our daughter and her four year old, I asked my grandson, Justice, if I could have some of his remaining fries.

Without hesitation, Justice lifted his plate and said, “Sure, Nana, take as much as you want.” With tears in my eyes, I thanked and kissed him.

I also commended my daughter for the great job she is doing in teaching her children unselfish love. Smiling, she responded, saying what every mother longs to hear, “I learned from you, Mom.”

Legacy defined as the inheritance passed down from one generation to another.

As a grandmother enjoying my grandchildren, I more fully understand the authority and responsibility of carrying forward and preserving a godly legacy. Ever mindful of the potential and possibilities within my grandchildren, I have opportunity to unlock the beauty of eternity in their hearts (Ecclesiastes 3:11) and join ranks with Grandma Lois, as described in 2 Timothy 1:5, “I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.”

We preserve godly legacy through love. Love is the most transformative force in the universe, and the most significant and impacting model for our children and grandchildren. In the words of Martin Luther King Jr., “Love is the only force capable of transforming an enemy

to a friend.” That is powerful! Imagine what the world would look like if our families demonstrated such love.

We transfer and impart what we know to our children and grandchildren. We impart who we are and what we have gleaned in life. Children naturally imitate behavior. As we make it our goal to be like Christ, we pass on the nature and character of God to them. What a legacy! Imitate me as I imitate Christ (1 Corinthians 11:1). God is love (1 John 4:8).

Love Instructed. Love Imitated.

The greatest act of love was demonstrated through Jesus Christ who bore our sins and forgave us completely in order that we might freely choose His extravagant offer of eternal life. He set the model for us to imitate and He invites us to love and forgive others as He did for us. Making choices to love and freely offer forgiveness to the undeserving attracts the world and calls them to God as they see us imitate His nature.

It all begins in the home. Love expressed in action and words reveals the goodness and kindness of God. Even simple things like good manners, gratitude in the small and the large and in the highs and lows of life, are important for us to demonstrate. The world is watching and so are members of our family. Imitating His love makes a tremendous, lasting, impact and will be passed down through the generations.

The value of great love demonstrated in the small and unseen ways is the authentic marksmanship of godly character: the sign of a true child of God who knows the heart of the Father. This one demonstrates the love of the Father and delights in His ways.

When we instruct our children in the privilege of embracing the generational blessing of such divine virtues rather than the world’s model of self-indulgence, pride and entitlements, they learn discernment and the beauty of humility and thankfulness in all things. This fortifies the family and creates a beautiful spiritual legacy.

Virtuous Unfailing Truths

Because I deeply value God’s ways and virtues, I faithfully endeavored to learn and practice these truths and I then taught my children, who now teach their children.

Reverence and respect for God and His ways is very important and as women who are contending for established strength and restoration on the home front, it is important that we model these attributes with true conviction for those in our household. This godly reverence and respect for God—the fear of the Lord—is the starting point to attain wisdom and to perceive who God is.

What an awesome legacy to pass on to your children and grandchildren! It is more precious and valuable than gold or silver.

Ways to Create Legacy

1. Intentionally carve out family time. In today’s world we can be ultra-busy with many things on the schedule. Therefore, we need to be intentional about investing quality time into our family and sow legacy into coming generations as a result. I make time with family a priority and every Wednesday, I have valuable “Nana-Time” with my grandchildren.

2. Create memories. It doesn’t take much to create memories that are love and joy filled. These memories will remain with them for life.

3. Model godliness. Your children and grandchildren are watching. As you watch over your heart with all diligence and model godly behavior, it will pass on to them. You will be remembered for your virtue.

4. Pray. Even before my grandchildren were born, I prayed for their lives and destinies in the Lord. I continue to pray and believe. Here is an example of a powerful prayer extracted from Psalm 78:5-7 and Luke 2:52 that I declare over my children and grandchildren:

“...Teach your children,
so the next generation would know them,
even the children yet to be born,
and they in turn would tell their children.

Then they would put their trust in God
and would not forget His deeds
but would keep His commands.”

“As Jesus, my children and their children
shall grow in wisdom and stature; favor with
God and favor with men.”

Some things we engage in during our time here on the earth come and go and have no eternal value. Lets invest in the things that really count. Lets build a godly legacy.



SUE AHN is a Holy Spirit filled lover of Jesus, wholly committed to pouring a biblical foundation of the kingdom of God into the younger generation and making them disciples.

Together with her husband, Ché, she is co-founder of HRock Church and has been a prophetic voice, not only for the local church, but also in the international sphere through Harvest International Ministry (HIM). hrockchurch.com

Seniors Arise!

by Patricia King

ARE YOU 60 years of age or older? If so, this word is for you! Your latter years will truly be greater than the former and God has extraordinary plans for your life that you have possibly not even considered. If you desire to finish strong, it is important for your soul (mind, will and emotions) to be congruent with God's truth about you.

Think about this, Abraham did not even start following God until he was 75 years of age. He began to fulfill prophetic destiny with the birth of Isaac at 100 years of age. He continued to have more children and he walked in supernatural vitality.

Abraham had no sperm left and Sarah was way beyond menopause. Yet, by the grace of God they both remained productive. Abraham lived in supernatural dimensions and empowerment. His soul was vibrant and faith-filled! After Sarah departed for glory, he married again and

had more children. He never diminished in vision and he continued to be fruitful all the days of his life. At age 175, the Bible says that Abraham was fully satisfied and satiated with life. (Genesis 25:8)

Caleb was another radical senior. On his 85th birthday, he put a demand on an unfulfilled promise and declared, "Give me my mountain! I am as strong and as fit today as I was 40 years ago when the promise was originally given and I am ready for it!" (My paraphrase from Joshua 14:10-12.)

Like Abraham and Caleb, God has so much waiting for you in your latter years. Believe for your latter years to be the best years ever!

I will be launching *Seniors on the Frontlines* in July of 2016, with an event called DREAM BIG! As I was seeking the heart of God for this event, I received this prophetic word for the Senior Generation. It is awesome! It is for you!

Prophetic Word for Seniors

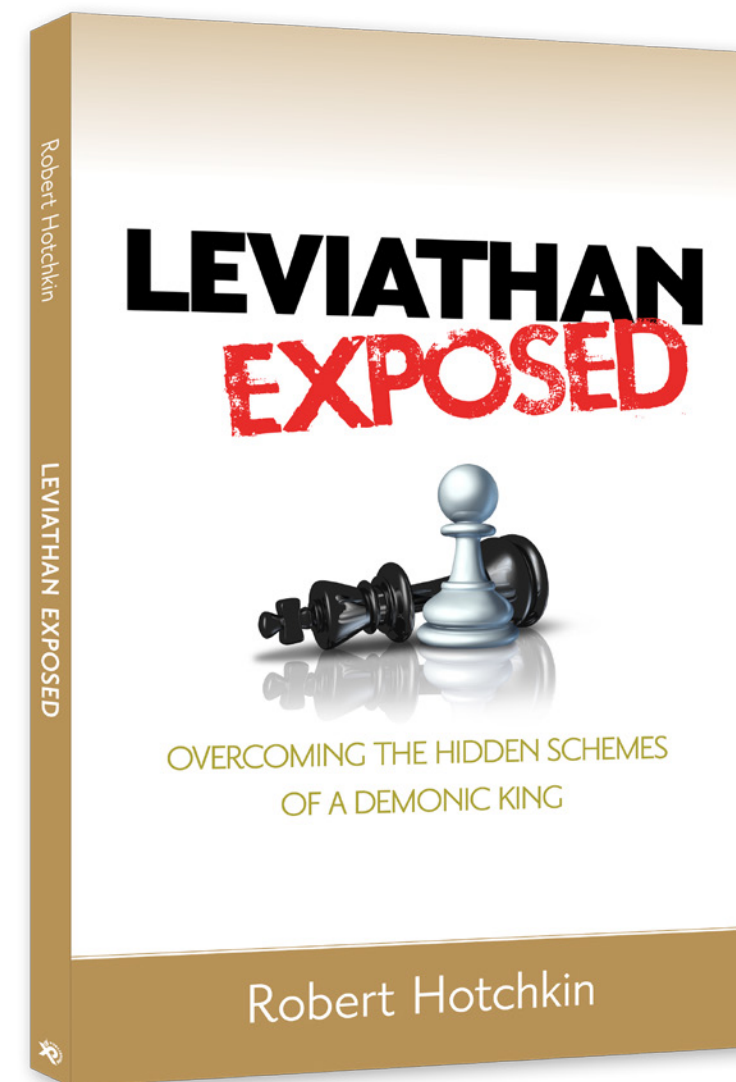
(March 7, 2016)

I see a company of radical believers in their 60s, 70s, 80s and beyond, arising in these days. This generation will experience personal revival that will re-ignite their passion and their purpose. They are full of wisdom and zeal. They carry dreams yet to be fulfilled.

I see them walking with the younger generations and empowering them with encouragement. They are gathering together and redefining the term "senior." They will be a sought after generation. They will be honored and respected by the younger generation. Many will rise into places of prominence and leadership. They will produce more fruit in their latter days with less effort.

Financial increase and sudden provisional surprises will come to them. Favor will rest upon this generation and a wave of healing, health and rejuvenation will visit them. Their latter glory will be greater than their former and they will be filled with joy that overflows!

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The Gaze of the Soul

by Shirley Seger



THERE IS AN OLD SAYING: “The eyes are a window to the soul.” What captures the gaze of a person will ultimately transform his soul.

Jesus spoke about this when He taught on how our eyes reflect either great spiritual light or darkness within our souls. “The light of the body is the eye: If therefore your eye be single, your whole body shall be full of light. But if your eye be evil, your whole body shall be full of darkness. If therefore the light that is in you be darkness, how great is that darkness.” (Matthew 6:22-23)

In just 50 years, rapid advancement in communication technology has transformed the way we live, converse, shop, learn, work, acquire information and entertainment, date, handle finances. It has even changed the way and seek God.

Relationships · The effects of technological advancement are both positive and negative. Positively, technology has enabled us to strengthen and maintain relationships by keeping in contact with old friends, colleagues, and co-workers.

Education · Streaming media has opened opportunities for students all over the world to receive an education online, while still maintaining work schedules and family. It is now possible to sit in on a class at Harvard or Yale, absolutely free or just as an on-campus student does.

Business · Businesses are now able to sell to the entire world, making customer opinions critical. Technology has given the consumer a voice that matters and flipped the marketplace from being company-driven to consumer-driven.

Media · On the flip side, as Ramesh Srinivasan, an Associate Professor in Media/Information Studies at UCLA has said, “The Internet can make that which is on the opposite end of the world seem very local. Yet, this can both distort or amplify reality.” He goes on to give an example of a recently-released video that served as a catalyst for the dissatisfaction felt toward lack of Western support for the Arab world, yet “the protests and riots would not have occurred without YouTube and Vimeo.

The ways by which newer and older media come together can turn slander into reality, changing what counts as truth in today’s world.” he concludes.

Carriers of Truth

The health and prosperity of our souls directly reflect the soul of the world. Christians are the light bearers of real truth and, when united, form the strongest most significant affinity group in the world. An affinity group is a collection of people who share interests, issues and a common purpose. They support each other toward a common goal. The united body of Christ is an unstoppable force of truth and righteousness. We must set aside our differences and take center stage in this digital war for the minds of men, women and children.

Make a Difference

Your voice matters and will make a difference. The Lord has placed within all of us a special message of hope for the world today. Utilize the power of media and the Internet to take that message to the world. Post messages of hope and light on social media, chat rooms and comment boards.

Create videos on YouTube, Vimeo, Facebook, Google and other sites. Donate to causes or start one of your own. Refuse to participate in gossip or slanderous discussions. Volunteer your time, sign petitions, give resources and above all vote in your local and national elections.

If you are a pastor get your media out there and engage in social media. Xpmedia.com offers direct and referral resources to help your ministry get started. Directly, we can syndicate content or stream your media live to all relevant media outlets saving you time and resources as well as pool your content within our collection of other influential ministry content for the hungry to discover around the world.



SHIRLEY SEGER is the co-founder, president and CEO of XP Media and Doxa 512 Media Productions. She also birthed, and oversees, the media department of XP Ministries, and is producer and director of *Everlasting Love with Patricia King*. xpmedia.com

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