

11/27/13
Week 48
James and Betty Robison
Christine Caine
Moving Past Your Past 5

James: Hey, you're looking good! You're looking good out there. Thank you! I don't know how you're looking. Some of you are saying, I'm so glad you can't see me! We come on early in the morning on Discovery. Tell your friends about that. On the east coast it's about 7:30 in the morning and Central Time about 6:30. It's a good time for Betty and me. We watch it in high definition on Discovery so you can tell folks about it. Then Mountain Time, you have to get up a little earlier, I think Pacific Time you do all right. But encourage people to watch.

I'm James Robison. My wife Betty and I are thrilled to have this opportunity to share time with you and introduce Christine Caine who is teaching a series, *Moving Past Your Past*. This lady, this missionary truly from Australia, she just kind of turned the place upside down over there and came up here to say, America needs some help and she is here as a missionary and what a teacher. She will help you know how to turn tragedies into triumphs and not be stuck in the past no matter how painful.

Welcome Christine Caine. Here she is.

Begin video clip

Christine: I was thinking about when I was pregnant with my second child. I was about to give birth to Sofia Joyce. And I remember I didn't have my second child until I was 40, so I'm already going to be 150 at her 21st. So I was really concerned because I had Sofia and I was due to have her on January the 10th in 2006, so feel free to send any birthday presents. So January 10th, 2006, and on March the 10th or mid March just eight weeks later I was scheduled to do the closing night at our women's conference in Sydney, Australia at our Color Your World Women's Conference at Hillsong Church and that's held in a really big arena. It's in the Allphones Arena; it is a 17,000 seat stadium and we were sold out to capacity and I was doing the closing night. So I was under a lot of stress because I was trying to work out how I could have the baby with a

C-section very quickly and then get my body back into pre-baby shape before I was going to do the closing night of Color.

You might all think that's extremely carnal, and you know you're right, it is. You might think, "Christine, it wouldn't matter if you're anointed because the Lord just judges the heart and he measures the heart." And you're right, but the Lord is the only one that looks at the heart and everybody else -- everybody else... I just want to tell you if you're on the other side of this screen, I know you're checking out my shirt. It's just that 17,000 women are not looking at my heart and they're not going to get to my heart until about 15 minutes into the message. They're like getting into my shoes just all of you were asking me what my shoes were. They're getting into my shoes, they're getting into everything else and I do not want to turn up to this night and have everyone say to me, "Christine, have you had the baby yet?"

[Laughter]

So it's just like -- it's always a little bit challenging when you had your child seven years ago and someone's asking you if you had the baby yet. So I was a little bit kind of in a quandary and thought, I want to get my pre-pregnancy body back. So I got a personal trainer.

Now my personal trainer, at the time just loved her to pieces. She was like awesome. I came out of hospital so I had a C-section at 40 years old, discharged myself after a couple of days and then came home and decided that I was going to go on this really, really -- please don't write me any letters. I wouldn't recommend this at home. I'm just crazy. So what I did was I talked to my friend and I said, "This is what I'm going to do. We've got eight weeks 'til I can get fit. So for the first little week maybe I'll sort of like crawl around the block because at the moment I can't stand." So that was kind of the first issue. Then it was like, "Then I'll start sort of limping around the block. And then we've move week three into a very slow walk. Week four we'll go into a slow jog, and week five I'll be like running. And if I don't eat, I should be fine by the time the conference comes." I kind of had it all worked out.

And she's looking at me and kind of like who are you? What planet are you from? She goes, "Christine, did you hire me to help you get back into shape or did you hire me to listen to you tell me how you were going to get back into shape?"

I said, "No, you can tell me what to do."

So she said, "Number one, you're not running anywhere." She said, "You're actually not going to do anything." She said, "Do you know what they have done to you?"

And I am a really great believer in ignorance is bliss because if you don't -- the less you know about anything, you're going to hospital to have done to you, just the better it is because the more in faith you can operate because the more I know, the more unbelief sets in. So I sat there and I said, "No."

She began to tell me what they cut when you have a C-section. I don't know if you're familiar, but they cut a lot of things. So I was like passing out from her just telling me what was going on. So she goes, "Christine, so you realize how much muscle has been cut through. So your core is very weak."

To which I respond to with, "What's a core?" I did! I said, "An apple has got a core." I was trying to work this out. I said, "An apple core, a peach core, a pear core." I was like going through and she was like looking at me.

And then she said, "No, Christine your core. It's that thing that holds together your whole skeletal system, your ability to stand up, your ability to move, to run, to jump, to lift; everything you do is actually related to your core." And she said, "So if you prematurely try to run or do any kind of lifting or any kind of weights ahead of time," she said, "what will happen, is because your core is so weak, whether it happens now, Christine, whether it happens a week from now, whether it happens a month from now, whether it happens five years from now, at some point your body is going to collapse. Because if your inner core is not strong..." she said, "You know when you see older people and they're hunched over, it's because their core isn't strong."

Now if you're watching this at home and sitting on the couch eating popcorn, that's fine but if you're just kind of... everyone breathe in, in this room. That's right. Just pull your shoulders back. Okay, you all just elevated at least eight inches, that's actually how you should be sitting all the time. And so that is like you're up, and my core is strong. So it's all this area here. I could just see at home everybody is like just up and everybody at the gym is like I'm there, I'm doing my core. So what happens is that is the part that holds you all together; that means that at 50, 60, 70, 80, you're still running, you're still lifting, you're still moving -- it holds you all together. And she said, "If there's a disparity between your inner core and the pressure and the weight you're trying to carry externally then what will happen is your body is going to collapse. And with that," she did this in one single motion; she had like a little mat.

Now my friend, she just kind of thinks we're all going to Nirvana in a Pterano eating a piranha, hugging a whale, kissing a tree holding a rock and uhmring our way to nothingness, she has not yet discovered that Jesus Christ is the only way. So with all that, she laid out this little mat. And then... this is going to be great as we do this, I hope the cameras can follow me. Then she made me lay down, which if you know my personality type at all, I hope this mat is clean because I've got O.C.D. But she made me lie on this mat like this. And she said, "Okay, Christine, now I want you to breathe in. And I want you to do your pelvic floor exercises," which I didn't even know what they were.

People tell me that you probably should have known what they were when you were pregnant before you had the child. And now that I have an 11- and seven-year old, I know what they're saying.

So she goes, "I want you to breathe in and hold your core and feel it." I'm going like, "Lisa, I'm not feeling anything! I'm paying you a lot of money to not feel anything. This is not working for me." And I'm lying there. And what she did for six solid weeks, she made me lie on this mat and do these inner core exercises. And she said, "You have to strengthen your core."

Now, in case you're wondering what these core exercises are, I've got some people to help me today. So I've got a couple of the girls here, a couple of you guys here, a couple of you from down there. I want you to come here because I want everyone on our TV program to see this because when you go to the gym because I know everyone watching this and everyone in here goes to the gym every day... and so for those of you that are just so great at going to the gym, your core exercises are the ones you don't want to do. And so just in case you're wondering, come on, this is awesome. You guys are my push-up girls. You're over there next to each other or you can face me, whichever way you like. You two are my sit-up girls; you can go right behind me.

And sir, I think you're planking. Is there someone else planking with you? If not, you can just come on this mat because I like to have testosterone planking right here. There you go!

So what you can go down and do your pushups and you guys can come over here and do your sit ups. No! No! This would not be it. Okay, I want 20, 20, let's all count them in, one, two, three, four, five, six, seven, eight, nine, ten, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20. Okay! That's it! Thank you, ladies. You all can go back to your seats.

[Laughter]

And this is what most of us do right here, which is why we had some chick power on stage in case you're wondering. Okay, sir, thank you for the plank.

[Laughter]

And someone might help me with the pulpit and mat. So, I don't know where this all goes. We're wrapping this all up and we're going to bring my teaching notes up. But as you just saw, they are the exercises that you don't really want to do. They're the ones that your gym instructor says, "I want you to do these because they make you strong." And when you're a woman that's my age it's very important that you do this as you get older.

I can go on a treadmill and run forever. I am Forest Gump. I can run. "Run Forest, run!" I could run forever. But get me trying to do triceps dips or pushups or sit ups and I just don't like to do them because your core takes a lot of work and you can't really see the results of it; they're all internal. But as I was lying, not like the planking gentleman, but when I was actually authentically lying on that mat, I just had this sense on the inside. It was like... In the same way that we have this physical core, and if there's a disparity between our inner world and our inner core and the pressure we put on our body and how far we try to push ourselves, if there's a disparity between our inner and outer physically, then in the same way our body would collapse.

Well, it's exactly the same in the spirit; that we have a spiritual core and if there's a disparity between your inner world and your outer world, your world will collapse. If what is going on in you is different to the life you're portraying out there then your world is going to collapse. And while I was lying on that little mat that day, just a scripture dropped into my heart. It is a scripture that we are all so familiar with and it is in the book of Matthew: The great commandment is to love the Lord our God with all our heart, with all our soul, with all our mind; and the second commandment the scripture says is just like the first, which is to love our neighbor as we love ourselves.

So I'm lying on my little mat and this scripture, which we all know and maybe you're watching this TV show and you've never known it and I'm so glad right now that you do know that Jesus says here are 613 Old Testament mosaic laws and I'm going to sum them all up. This whole deal, I'm going to sum it up into two verses. I love that, because I love the cliff notes version of anything. So I'm like why know 613 when you can just have it all wrapped up in one part A, part B. So he says, "Love the Lord your God with all your heart, all your soul, all your mind; and the second is just like the first, love your neighbor as you love yourself." I'm lying there going, God could have

told us to love him with anything -- with anything. Love him with all your whatever, with all your property, with all your accolades, with all your... But he says these are the three (what I believe to be) our spiritual core muscles: Love the Lord your God with all your heart, with all your soul, with all your mind.

And if you do that, the second is just like the first, you'll love your neighbor as you love yourself. And the reason we have so many challenges in our life is we often do love our neighbors, we love ourselves, we don't just really like ourselves. And we don't really like ourselves because we have a very skewed image of God and who God is. So if we look at God through the lens of not liking ourselves, and our heart muscle, and our soul muscle and our mind muscle, which is those muscles that we should be exercising every day, just like the pushups, just... not like the planking --

[Laughter]

And just like the sit ups, what we need to do is daily exercise those core muscles and then everything else we're trying to do we're going to be able to do. I can run, I can walk, I can jump because my core is strong. If I try to do those without a strong core, then my body is just going to collapse. And you find that some people never move past their past because we're trying to move past our past when it comes to behavior modification but we have not worked on our internal world. So we actually might run a little bit ahead of ourselves but then we collapse and land right back to where we were because our core is weak, because our heart, our soul, and our mind muscles are not strong.

It's no wonder to me that the Lord begins with the heart because the heart is the seat of our passion. He says, "If I've got your heart, I've got everything. I want you to love me with your whole heart, your whole soul, your whole mind." And we do love him with all our heart, all our soul, all our mind; it's just that all our heart is broken, all our soul is wounded, and all our mind is tormented. So we love him with our broken heart, our wounded soul and our tormented mind and then that impacts how we love our neighbor, whether it is in our interpersonal relationships, our working relationships, the way we deal with society at large.

So often so many of the issues we have with someone out there is because of the issues that are going on in here with us. So where do we start? -- With our whole heart. He says give me your heart because then I've got the seat of your passion. And if I've got your passion, I've got you. You know it is amazing what you will do when you are passionate about something. But when it becomes this legalistic boring religious obligation you are just going to not be able to last. You play the Sunday game but there

is no way that you're going to live a sustainable, strong, overcoming victorious Christian life. So he says, "Give me your heart because if I've got that then I've got you every single day. And you will do things not out of some sort of behavior modification, not out of a religious obligation but because you love me. And when you love me out of that comes awesome behavior."

I remember when my husband and I first met. We were in Bible College. I was going in to do a lecture. We're the same age but he went to Bible College after me. And I remember going in to do this lecture and he tells the story that he fell in love with the teacher. I didn't know who he was, he was one of the students in the room and we had a rule in my Bible College that students were not allowed to date one another but there was no rule for students and teachers.

So my husband decided that he was on a mission, that he was going after me. So he started turning up. He found out from my best friend that I swam every morning at 6 a.m. at our local swimming pool. Now I had been doing this for an entire year. And never once -- never once in a year did I ever see my husband at the -- or Nick, he wasn't my husband at the time at this pool. But then I turn up all the sudden and there was a guy already doing laps up and down the pool like -- so after about a week or something, we kind of bumped into each other. I looked at him and I said, "Honey!"

I didn't say "honey" at all. Do not write me letters. I didn't say that. I didn't say that. I said, "Nick, what are you doing here?" He got that sort of a very defensive male kind of... he goes, "What do you mean?"

[Laughing]

-- In his swim wear, "What do you mean what am I doing?"

[Laughter]

"I always come swimming at 6:00 in the morning. I love to swim at 6:00 in the morning!" "Okay," I'm like, "Knock yourself out."

I had no idea. Now I have been married to the man for more than 17 years and never once -- not once in 17 years has my husband ever gotten up at 6:00 in the morning to go swimming -- never once! Because you do what you want out of passion. No one is going to make you get up at 6:00 in the morning, no one is going to make you read your Bible, no one is going to make you go to church, no one is going to make you tithe, no one is going to make you stay morally pure, no one is going to make you stay

obedient to the Word of God, no one is going to make you be committed to being transformed and conformed to the image of Jesus Christ -- you do it from a heart passion. You go from "I have to" to "I get to -- I get to love him!"

End of clip

In the studio

James: Oh, boy! That is so important that we get that. It really is the difference in carrying the Bible, you know you can get one, you can get them in all colors and binders and match your outfits and you can carry it around but if we get what we're supposed to get, in truth, in life, in the word, the word will carry us. It's in the just carried in our hand and written in the book, but it's written in our heart. And then Paul said that we become a letter written in the tables of other people's hearts.

A young man was killed in Mississippi while I was in college. The morning before he was killed in an accident he wrote on a piece of paper, I must be very careful of the life I lead. My life may be the only Bible some will ever read. We really need to take that to heart. Betty, I'm so thrilled that our viewers find the same joy and fulfillment in looking into the eyes of people seeing a need and then rejoicing that they can meet it. I want you to look into the eyes of children that I think are indescribably beautiful. And I want us to show them how much God loves them, how much he notices them.

On the mission field

Announcer: Kids will be kids; right? Wherever you go in the world, there is certainly some truth to that. But it doesn't take long to discover something different about these kids. Oh, yes, they are a little wide-eyed, a bit bewildered by our arrival... a rare occasion in an area so remote. But then you lock on to their eyes and you realize it's much more.

If you don't look away, you get a glimpse into their experiences, the proverbial window to the soul. They will let you look. It's a stare down you'll likely lose because they're almost beckoning you to see them like Akun, Michael, and Rosa. Eyes which have witnessed things no child ever should. They fled the cruelty of rebels attacking in the night -- their villages ablaze. They've suffered the death of their parents and siblings.

But one thing remains, starvation -- not an aching stomach, a crippling predator attacking them every day. Their gaze isn't easy to hold because in it is a desperate cry for help. We pray it's one you won't ignore.

End of clip

In the studio

James: Boy, just somehow fix your eyes on that little child reaching out. I would love to hold that little hand and I'd like to put something in it. I'd like to give that little child something to eat. And those eyes, I'd like to put my hands on their face and tell them that we love them. And then I'd like to show them we love them by giving them food and giving them a lap to sit in.

I was told I was possibly the first white person in Rwanda where the little children who had climbed out from under the bodies of their parents who were murdered with machetes, climbed up in my lap. You walk in our building here and you'll see a picture here that was done by a wonderful artist in New York of those little orphans in my arms, and they wanted to touch my arms and my face. I told Betty, it's the most beautiful picture -- ever seen a picture of Jesus with the children, I felt like he was there with me.

And, Betty, we've never stopped holding them and we've never stopped putting something in that little hand. And we don't just try to feed them and stabilize them, and make them dependent, we get them strong, we try to teach them how they can grow a crop and we don't teach them to hate people that have something. We teach them gratitude and then we start feeding at schools. We inspired the World Food Program to start feeding at schools because they saw it work in transforming power -- and I'm glad of that. So we don't want to create what I'm already watching here in our own country, a dependent people who live with the "you owe me" attitude and never go anywhere.

I'm trying to inspire people to go into Africa and see the great resource of the people, not just what's in the land. And I believe I'll live to see that where we begin to look at the people as the greatest resource and give them opportunity.

So here's what I want you to do. I want you to dial that number, I want you to take your bankcard and use it the best way you'll ever use it, as a check to give life. I want you to make the largest gift you can to help us feed these precious children and give them glory in their eyes and hope.

We have some friends who will match what you give because they believe so much in what we're doing. You give \$100 to help us feed ten children for the next months, miraculously give them hope, and the missionaries love them and point them to God, it will actually be right now 20 children. \$30 to feed three, it is now six. \$50 to feed five, it's now ten because some people said, "We believe in what you're doing. We'll match what you do. We want to encourage you to do it."

So I'm asking you to go online LifeToday.org or dial that telephone number that's always a prayer line for you and say, "Here's what God is leading me to give." You're giving life and hope and love. Would you do it please? Do it joyfully and prayerfully. Make the largest gift you can knowing it's going to be matched, and double the number of children that would normally help. If you could give \$1,000 please do. Whatever God leads you to give, it's important to those precious children and their families. So you make that gift.

Begin video clip

Announcer: In remote and impoverished areas of Africa, families are suffering, facing death by starvation, and those hit the hardest are their children.

Life's Mission Feeding program is there able to feed and care for over 400,000 children in crisis areas of Angola, Mozambique, and Sudan. But our food reserves are gone and we desperately need your support to replenish our supplies at more than 800 feeding centers immediately. As an answer to prayer, a group of LIFE's friends have set a \$550,000 end-of-year matching challenge for Mission Feeding. This means your gift today can have a double impact!

\$30 to help three children will be doubled to impact six children! \$50 to help feed five children will be doubled to help save ten children. And \$100 for 10 children will be doubled to help feed and minister to 20 children.

With your gift of any amount we'll send you Christine Caine's powerful new teaching series *Moving Past Your Past*, on audio CD along with her book, *Can I Have and Do It All Please?*

With your double impact gift of \$100 to help save the lives of 20 children you may request both the audio and video series. And as a bonus, we'll send you Christine's latest book release, *Undaunted*.

Finally, please consider a double impact gift of \$1,000 to help save the lives of 200 children. And you may request our 50th anniversary bronze sculpture, "Brotherly Love." Please call, write, or make your gift online today.

End of clip

In the studio

James: I really pray you'll get the Robert Summers bronze, "Brotherly Love." Robert is the greatest bronze sculptor in the world. He did the John Wayne bronze at the John Wayne airport, the life size. He did Byron Nelson, Ben Hogan, he did the cattle in downtown Dallas. He did these to say to you, my gift is a gift to you for sharing life and love.

Thank you, Robert Summers. I hope you'll help us take care of 100 children, now 200. Do all you can to help.

And Christine Caine's teaching will be a blessing to you. Thank you so much for your assistance, for your prayers. Thank all of you for being here with us.