

1/3/14 Week 1
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James and Betty Robison
Dr. Don Colbert & Sheila Walsh

James: Thank you very much! Thank all of you. It is a joy to come into your home. I'm James Robison. Betty and I welcome you to *LIFE Today*.

We have a subject and an offer that can save your life, that can enhance and improve your life, that can extend your life and make it meaningful, add years to your life and life to your years. It is titled, *Heaven & Health*. Now listen to the subheading: Discover the blessings of Heaven while living on earth. Our guests today are teaching in this series, *Heaven & Health*. I want you to listen to the areas that they touch on. I'm going to read them.

Dr. Don Colbert, you're going to hear him in just a moment: "The Joy Prescription." Have you had a prescription from many doctors for joy? How important is it? "Overcoming Stress and Burnout" -- that got me -- I burned out. It nearly burned me up.

"What would Jesus Eat?" -- I need to hear that. I think I'm getting convicted just reading that. "What would he not eat?" we might ask.

Sheila Walsh, and she knows firsthand, "From Depression to Emotional Healing."

Now get this one, this is big: "From Shame and Regret to Wholeness." Robert Morris, talking about spiritual health, divine healing: "Glorify God in My Body" -- "Healed Body and Soul."

There are seven sessions. Well, Dr. Colbert and Sheila Walsh are here with us. Would you welcome Dr. Don Colbert and Sheila Walsh to *LIFE Today*?

Good to have both of you. I'm glad you're here.

Well, Dr. Colbert, you've been helping people for a long time. You've been with us many times. You have blessed so many ministry leaders. And ministry leaders have got to be a challenge because sometimes we don't listen well, and sometimes we contribute to our own demise. You've helped so many. And then you've helped people

who were seekers and wanted to be better, and then you've helped people who didn't have a clue.

I want to know just right up front, what do you think about what we're offering the viewer, which you've contributed to, Sheila has, Robert Morris, Beth Moore contributes to it and she talks about affliction. What do you think about what we're offering and what it can mean to the viewer?

Dr. Colbert: Praise God! These are the tools that literally, people can restore their health, not just physically but also mentally, emotionally, and spiritually.

See the thing is, the Word of God says in Hosea 4:6:

My people are destroyed for lack of knowledge.

This provides the knowledge they need to restore their health because realize the church has just as much disease, depression, anxiety, heart disease, cancer, diabetes, obesity -- as well as divorce -- as the world.

Again, this provides real answers that are easy to implement that literally start to turn their health around. The health physically, when you start eating the foods Jesus ate -- it's anti-inflammatory, these are healing living foods.

You say, "What type of foods are you eating?"

Well, extra virgin olive oil; but not the olive oil in the big plastic bottles that's clear, that's many times rancidified or that's not organic, it's living olive oil. It's amazing.

A new study just came out two months ago that showed the Mediterranean diet -- the patients, 7500 people were in this study. Two groups were on the Mediterranean diet, one group on a low fat diet, which was a very healthy diet. They found the people on the Mediterranean diet had 30% less risk of dying of heart disease, stroke, and death. So they had to stop the study and put the people on the low fat diet on the Mediterranean diet.

So I discussed the key components in the Mediterranean diet that have these important, critical health benefits because the church is choosing the wrong foods and they're inviting disease into the body just like -- I mean just like you can invite a burglar into your home unknowingly, we're inviting disease into our bodies by choosing certain foods. But when you choose these foods, these are healing foods.

James: Let me ask you this because you've already kind of touched a hot button on me. We've got some of that clear olive oil.

Betty: It's extra virgin.

James: It's what?

Betty: It's the extra virgin --

Dr. Colbert: Is it in the glass bottle?

Betty: Yes -- the glass bottle.

Dr. Colbert: And it's a dark bottle and you keep it in a dark place? Now that's the right kind of olive oil.

James: Way to go! Way to go! But you see, people don't know. And Sheila, you touch on... I read those areas, and you may want to break them out. You may want to talk about the depression and emotional healing. You may want to talk about shame and regret. You're going to really go extensively in the teaching, if everyone will get them and listen. But give us just a little bit of why those are major concerns.

Sheila: Can I just say first of all, I just want to thank you for doing this. This is the most comprehensive set of teaching tapes that I know of that deal with the whole body, soul, mind, and spirit. I love the fact that you quoted scripture, "My people die for lack of knowledge."

But we're also told to love God with our body, soul, mind and spirit. How do we do that? -- By educating ourselves. It is always fascinating to me; this is my 17th year with Women of Faith. This year we will welcome in our five millionth woman into our conferences. But when I hang around afterwards and talk to women, the number of women who of walked with Christ for a long time are still weighed down by shame, by regret, by disappointment. And it is almost as if we have spoken out these things, and the enemy has got these finely tuned darts that he just aims right at a woman's heart and spirit.

For me, what I want is to say to women, "Come as you are to Christ. The whole hiding should be over by now. We are not the hero of our story; Jesus is the hero of our story.

So simply tell the truth, speak the truth and don't be ashamed of getting help. When the enemy can keep you in the dark, he can keep you sick."

James: When you heard the Crabb couple, the singers, and you heard them share their story about the grief and the hurt and the pain. What was it that touched you because I think it really is exactly what she was talking on.

Betty: Well, the song, the title of the song was "Take Him to the Place." And to me that said, "Invite God into your situation, into that hole in your heart, that hurt, that pain." I personally don't think that you can separate spiritual healthiness from physical healthiness. They go together because that's the way God made us. If we don't feel physically good, we're not going to feel spiritually healthy. I believe it has to mesh together and go together.

We have a responsibility as God's children to take care of the temple, the body -- the physical bodies he has given us. And yes, we're going to have disease to come. It's there. We live in an imperfect world but if we've taken care of ourselves, we have a better chance -- a better fight, a good outcome, most likely, if we're prepared for the battle.

Sheila: Because you want to run this race well. That's why... I want to run the race well.

James: I'm sitting here watching Betty. I look over her when she's talking and I can see her up close. The same thing you see, I see her on a monitor over here and I'm watching her and I'm thinking, I know she doesn't want me to say this, she always says, "When you tell people how old you are, why do you have to tell them that in one month I'll be the same age?" Well, this woman that you've just been listening to will be 70 this year -- okay? 70!

And I'm sitting here looking at her and I'm thinking, she has never had a facelift, she hasn't had this work on this beautiful, beautiful smile. And as I'm watching her and knowing her journey and living with her for 50 years, being in love with her several years before we got married and loving her and I'm telling you, I know because what I just referenced, she understands joy, she understands trying to take care of the temple and she's an inspiration and encouragement to me. And I keep thinking, why do I look at me over there in that monitor? And I think, who is that old guy sitting by this beautiful woman? Well, I want to learn some more from both of you.

Sheila: We have some great tapes for you, actually!

James: "We have great tapes," Sheila says for me.

[Laughter]

Well, the thing is, that really and truly, when I watch it up close and personal, I see what these things do. I watch how she processes. We've been through some grief. You know, today we just found out one of our closest friends died. We just found out, perhaps one of the closest friends of our life can't have surgery because they say he won't live through it. We just found that out today.

But you know what else I found out today? We found out that somebody we witnessed to 30 years ago, who was on drugs, who had been raped as a 15 year old, unknowingly to her family had had an abortion, and she had come out as a lesbian. On the way here tonight, we hear this joy. I'm not a lesbian! I'm not captive! I'm not an addict. I am free and I am forgiven! You can just hear the whole car was full of energy! This is the sound of a person made whole.

All these areas that destroy, and here I just shared two things that are heavy on our heart. But God wants to go to the place -- take him to the place. That's what I hear you saying and what you're teaching and what Robert teaches. You really come at it from every possible angle. Doctor, tell us some other things that people need to know where they lack knowledge.

Dr. Colbert: Well, first of all, I've been practicing for well over 25 years and I find so many of my patients have lost their joy. So one of the main things that I prescribe to every one of my patients is they need ten 20 second belly laughs a day -- a day! I've seen people literally have not laughed for over 10 years. Certain diseases like... certain patient's fibromyalgia, chronic fatigue, certain long term cancer patients, autoimmune patients.

But what I like to tell people, "The devil is not mainly after your health or your family or your finances, he's mainly after your joy because he knows if he can steal your joy, he can steal your health, he can steal your family, he can steal your finances, because the joy of the Lord is your strength."

And there's a difference between happiness and joy. You see, joy comes from within. It's a feeling of contentment, of fulfillment, that's not based on external circumstances

whereas happiness is a feeling of pleasure that's based on external circumstances, that's based on what other people say and do. We want the joy of the Lord. We don't want the happiness because it is so temporary. So we teach people how to enter into that joy and there are some key things you have to do and I discuss in this program.

James: You're sitting here as a medical doctor. Is that a Bible in your lap? Is this some kind of leather-bound medicine book?

Dr. Colbert: Yes, that's my prescription pad.

James: The thing is you're a medical doctor. Really, tell me the truth, do you really believe that God's Word, that the Bible... the Bible says laughter is good medicine. You just said that. God said it before you did. It is in that bound book you've got right there. You really believe that? Do you believe that the Bible -- you, coming from the medical point of view, with all they put in your mind, which sometimes doesn't seem to make God very big, just how big must God be for us to experience the health that you want people to have?

Dr. Colbert: Well, again, the Bible is absolutely true. It is the Word of God. And again, it says in Proverbs 17:22, "A merry heart does good like medicine but a broken spirit dries the bones."

Another translation says, "A broken spirit saps the strength." And so that's what we find. The merry heart -- the research on laughter and joy is amazing. When you see the tremendous amount of research, how it's good for your brain, it's good for your heart, it reduces stress, it balances the neurotransmitters, it helps you sleep. It corrects depression. It corrects pain. It's great for longevity.

One of the key ways... well, they've studied centenarians, (people that live to be over 100) one of the key things these men have, and women, they have joy in living and they have a good attitude -- they have joy! That's one of the key ways to live to be over 100, just having joy.

But like one belly laugh for 20 seconds is equivalent to three minutes on a rowing machine, one study has shown. One study has shown that 10 minutes of laughter can relieve pain for two hours! The research is amazing on what we have on belly laughter that's why I recommend that but you can't -- so many people can't laugh.

The Word of God tells us to "Rejoice in the Lord always, and again, I say rejoice." So many people don't know how because they're burdened with depression, with

anxiety, with guilt, shame, grief, blame, fear and so it prevents them from entering into the joy.

Betty: Well, isn't there an abandonment that comes when you laugh? Because I feel like something actually does happen in my body when I have a good laugh. There is something that is lifted.

James: And we live a lot of them every day -- Betty and I do laugh. We are a funny couple. We look at funny stuff. And we find things that other people wouldn't even notice as funny, and we just laugh. Isn't it great?

Betty: It is!

James: I just laugh! See, look at that smile.

Betty: You're pretty funny at times!

James: I am! You touched on shame right there in your little passing comments, and she deals with the shame. I really do think it's a killer. It's like the guilt. And you've been in the church world a long time, I've been ministering 50 years so I've been around a lot of church folks.

As a matter of fact, if you used to see me a lot when I was preaching from church to church, I was angry a lot. I'm going to tell you, if you stand up in the pulpit, you look out at church folks, you can get angry and you can get distressed. I used to find myself sitting out in the crowd looking at the choir and praying they wouldn't go to sleep while they were -- then I would go up and sit in the choir and look out and pray they wouldn't go to sleep. The churches looked like they've been embalmed a lot. There doesn't seem to be any joy. They don't seem to be happy. And yet, they can't talk about what's wrong with anybody because they feel like they'll be jumped on.

Maybe they thought that's what I was doing. I just got mad. I'd say, "I just can't believe I want to raise the dead." Usually we would kind of get them going a little bit but people will not talk to other church people about their shame or their guilt. What's going on?

Sheila: Shame is such a total joy stealer. There is nothing that will steal your joy quicker than shame because I differentiate this way, that guilt tells you you've done something wrong, where shame tells you, you are something wrong -- it's your very essence. Particularly, when I minister to women who have been sexually abused, that

is one of the greatest weights that those women carry. They were young girls; it was nothing to do with them but somebody came and stole their innocence and their childhood and now they carry the burden of shame, of this worthlessness. And I think that's one of the most -- a few days ago I was out in Las Vegas working with a wonderful friend. Her Twitter name is Hookers for Jesus. Whoo!

James: We had her on. She had T-shirts like that.

Sheila: I love Annie because she totally gets it; that she was -- she lost so much of her innocence and then turned to drugs and had cancer, literally thought she was dying until she laid on the floor and cried out to the Lord. So I was out with her and some of her girls, watching the way that she reaches those women in the streets --

James: She loves them right where they are; not the way they are but where they are.

Sheila: And says "Come as you are." And that's one of the greatest messages we have to tell the world. "Don't clean your act up to come to God. Come as you are and let God love you back to life." That's the Father's heart.

James: How important is that, doc?

Dr. Colbert: Well, it's critical because again, like she said, so many people are stuck with these emotions. She talks about regret, shame, blame, and guilt. I see so many people that have so much bitterness, unforgiveness, hatred, anger toward themselves, anger toward God -- anger toward other people who have offended them. The spirit of offense has crept in not to just our church but our very culture.

Realize here in this country, the U.S., we have over 90% of lawsuits of the entire world, yet we're about six percent of the population. We are an offended society. It is interesting, in the last days -- Jesus said in Matthew 24 that in the last days many will be offended, they will hate one another, they will betray one another, they will hate one another. So again, what's happening is we have a spirit of offense that has crept in.

Now here's what happens with offense and bitterness. First of all it is a joy stealer. It's guaranteed, it will steal your joy. And what it does, it sticks the stress response. The stress response gets stuck and literally, the same chemicals meant to save your life, when stimulated long term start to destroy your health by this activated stress response just like an accelerator stuck to the floor. You start stewing in your own stress juices, and these powerful hormones like adrenaline, like cortisol, literally are double-edged sword, where the cortisol triggers belly fat, raises the blood pressure, causes

you to crave sugars and starches, it weakens the immune system, it literally cannibalizes the bones, and it literally starts to destroy your life until eventually you enter into the exhaustion stage of stress where you're literally, figuratively speaking, your accelerator is stuck to the floor and you're out of gas, you're exhausted, you're burnt out. You have nothing left.

I hit burnout years ago and I didn't realize it. I would literally have to stop at a stoplight and put my car in park or I'd fall asleep. And I'd put it on myself. I didn't realize it, but literally, working five days a week, on call 24 hours a day every day for years, it burned my system out.

James: See, I've experienced it too, to the point that I despaired of life. Effective in everything I did in ministry, totally burned out, totally exhausted. Now, we have been sitting here talking about very real issues that people identify with. Now here's the thing you need to understand. Here is how you deal with the issues. This is where Dr. Colbert, this is where Sheila Walsh looks straight at you and talks to you as though you're right there in the room with them.

As they're talking to a few, very sincere listeners who want to know. They're talking to you. You're a part of that. And they deal with how you address these issues, why they're important to deal with and how to do it. So you don't just talk about what's wrong, you talk about what can be done right to correct the problem. No need, and the doctor telling us all the things wrong with us, if he can't give us any meaningful way to address the problem and get better. No one is excited about a doctor who simply tells you how to live with the problem, how to endure and live with the issue or the disease.

You want to know how to overcome it. You want to know how to defeat it. You not only want to go away with somebody saying, "Okay, that's not there anymore," you want to feel better. You want to know that you're better. And that is where we address also the spiritual issues.

It is where Sheila talks about what's going on inside that contributes in so many ways, and she talks from personal experience. Here she is a highly visible church leader, and yet she totally despaired of life. I was there the day she walked out, gave up. I wanted to go weeping behind her and catch her. She wouldn't turn back. But she found miraculous help. And because that help was so precious, so meaningful, so life-saving, she is willing to literally bare her soul for the healing of other people's souls and lives.

And all of you know the dynamic gift that God has given Robert Morris. When I watch Robert get up and preach -- now think about this, Betty, our church is 12 years old, Gateway, that's where we go, 39,500 people attended Easter weekend, 25,000 every week. This is a young church. And God is impacting people and transforming their lives because Robert is saying something to help.

By the way, he's learning that he's got to make some corrections even after he's taught on it. It is like God said, "Let me show you how serious I am about it." And I'm telling you what Robert imparts is great.

And then when you think about Beth Moore and talking about affliction and what it does, that's exactly what Dr. Colbert and what Sheila understand.

And then this, *Seven Pillars of Health*: The natural way to have a better health for life. Not only the natural way, it is the supernatural way -- it is God's way, not just the medical doctor's idea, it's the truth.

We want you to get the DVD series, the CD's and the book. Here's what we ask you to do. We're going to build a huge food factory in India. It will cost \$2.4 million. We're going to ask you to help us with that.

Here's what we want to ask you to do: you make a gift, any gift, knowing that it's going to help us build that food factory give food to hungry, malnourished children in India and tell them about the love of God and show it to them in action, or you can make a gift of \$120 and know that you're going to help us take care and feed five thousand children! A gift of \$1,200 and we can care for 50,000 children. Would you do that? Would you say, "James, we're going to take the love of God to India to a billion people and we're going to show it to them firsthand by extending the hands of God's love.

For the gift that you make of \$120 or more, we will send you the DVD, CDs and the printed material, the bonus message and teaching by Beth Moore. For any gift we'll send you the CDs.

If you make a gift of \$1,200 or more we'll send you the beautiful glass art piece, the collectible that is so beautiful, reflecting the glory of God and his love!

Make that \$1,200 gift, maybe \$12,000 gift! Great way to end the year! Make a special gift, begin the New Year. I pray that you'll go to the phone right now, take your bankcard, use it like a check. If you write a check call us and tell us you're mailing it and we will send you a healing and health series, *Heaven and Health*. Right now you can experience it.

Thank you so much for making that gift of love and we're going to make a divine deposit in your life and your future.

Get the teachings. They're available on CD for \$69 and you'll get the book, and also, Robert Morris's teaching all of that, if you want it on DVD and CD as well as the book and the material, it is \$129.

I hope you get all the material because you're going to have ways to share it with many, many people. I hope you'll make the call right now and say, "I want the material, send it to me. Here's my gift to support the outreaches of *LIFE* and to get the material that could change my life and those I love."

Begin video clip

Announcer: Introducing *Heaven and Health*, a powerful new series designed to help you discover and walk in the blessings of heaven while living on earth! Through seven life-changing messages our guest, Dr. Don Colbert, bible teacher Sheila Walsh, and pastor Robert Morris team up to help you discover God's promises for health and wholeness through nutrition, a healthy mind and emotions, and for divine healing.

Plus, when you call today we'll send you Dr. Don Colbert's New York Times' best-selling book, *Seven Pillars of Health* and the inspirational resource, *Healing Promises*.

>> God's very interested in what you eat because your choices of food will determine your health, your length and quality of life.

>> Jesus said, "I've come to give you life! Not survival. Not just getting through one more day. I've come to give you life!"

>> We've already been healed in our spirit. If you're saved, your spirit's been healed, but what about the healing of your soul and what about the healing of your body?

Announcer: Call now to receive the *Heaven and Health* audio series and books with your gift of just \$69. Or with your gift of \$129, request both the audio and video series with books and also receive the bonus DVD by Beth Moore.

As you begin your journey to health and wholeness please consider helping the lives of others by making an additional life-changing gift to provide new homes for impoverished families.

This is the last week! Please call, write, or make your gift online today!

End of clip

On the mission field

Announcer: On one of their mission trips to Central America, James and Betty were drawn to the mothers who struggled daily to meet the basic needs of their families.

Betty: She's like any other mother. She cares about her children. She loves her children and she will do anything to put a roof over their head.

James: If we could do the will of God we would want to give these people a chance at life, give them a chance at health. I'm telling you, we're going to do it. As long as I live, I'm going to inspire people to reach beyond themselves and touch someone with love.

Announcer: As you discover God's promises for health and wholeness, consider reaching out to others in need by giving an extra gift that will help provide a family a new home.

End of clip

In the studio

James: I really pray that you'll go to the phone, make the call, go online LifeToday.org. And remember you'll also get the Healing Promises; Healing Begins, Believing God's Word. The additional DVD with Beth Moore teaching on affliction is yours. We ask for you to make the gift of \$129 for the product.

Keep this in mind too. Right now, Betty, we're asking God to let us provide some homes for people in desperate need in Central America. We've had ministry there for a long time meeting needs, providing water, providing food. Right now some people just need a home. We've been talking about their health and they can't even get shelter.

If you'd like to help us with that just say, "Okay, I'm going to get this wonderful material to help me but I'd like to help give somebody a home."

Would you join Betty and me in saying thanks to Dr. Colbert and to Sheila Walsh?

God bless both of you. Thank you so much! You are a treasure! Thank you for sharing what you know with people we love.

Thank you for watching *LIFE Today* and sharing life!