

5/6/15

Week 19: Spring Mission Feeding
Christine Caine: Fat-free and Wrinkle-free Forever
WITW: V2S3

James: Thank you! You're going to like this. I'm James Robison. Betty and I want to tell you about what our teacher has to say today, Christine Caine, How to Be Fat-free and Wrinkle-free. How does that sound?

Betty: That's pretty good!

James: Fat-free and wrinkle-free.

Betty: I want to hear about that!

James: I even think she is talking about it like forever. Christine Caine -- I had a Baptist preacher tell me the other day. He said, "Don't tell anybody I told you but Christine Caine is the greatest preacher I've ever heard."

You know Baptist preachers don't think women are preachers but he said she is. Let me tell you, she is just great. What a blessing! We love to have the Wednesday programs in the word and to bring in incredibly gifted, truly anointed of God women to share.

I want to mention something and I don't want you to take this lightly. Write down: stream.org. You can't believe, even before I came out here I'm hearing, "I can't believe all the wisdom and knowledge and understanding. It is amazing." -- And all the voices of wisdom from all over the body of Christ, it is incredible. It can transform us so that we'll not perish for lack of knowledge. It is not James and Betty, it's the Lord speaking through people and just showing you things that are going on and how we respond, stream.org. You ought to go there every day and just pray about what's going on. Throughout the day, it's updating, all through the day every day: stream.org.

Well, don't you want to know how to be fat-free and wrinkle-free? Here's Christine Caine. Welcome Christine.

Begin video clip

Chris: We've been looking from the book of Joshua chapter 14, the life of Caleb, and he says, "I'm as strong now as I was then." So I'm kind of wondering at 85, didn't your percentage of body fat get bigger? Like what happened? What do you mean? He says, "I'm as strong now as I was then."

I've got to tell you this, he must have been doing something because I speak a lot so I've got a lot of screens and I have found that the older I get the tighter I wear things here to sort of keep it all together because on a big screen –

[Laughter]

Everyone is laughing but it's like sometimes I'll get distracted; I'll be bringing this big theological point and then I'll look up and I'll go... It's like... It like wobbles! It wobbles and it is extremely... And you know the thing is it is the area of weight training that I like the least. You don't want to do it. I could be on a treadmill or an elliptical for ages but then you get me doing that core strength or I call these faloobalas.

[Laughter]

And my faloobalas like wobble. Does anyone else have wobbling faloobalas? Like that's it! That's awesome. You know you're supposed to do pushups and you're supposed to do kind of different weight things but the thing is, I just thought I could get away with it. And the truth is, when I was younger I could but the older you get the more like just kind of excess. You wonder where it comes from and it doesn't matter what you do...

You know, spiritually it's exactly the same. That if you're not careful and if you don't do the right exercise and strengthen the right muscles, you end up... Your percentage of spiritual fat that you carry actually tends to increase. We just fall into... You can just have empty calories that don't really help you at all. I know this is going to be revelation to some people but carrot cake is not really...

[Laughter]

I know that it's like carrot cake -- oxymoron. These are what we call empty calories or they're going to just add on you. They have no nutritional value. There is no carrot in the carrot cake, just in case you're wondering. When I say that to my daughter she's like, "Mummy, but the carrots, raw out of the refrigerator, they're just not comfort food like carrot cake is. It's just like so different."

Well, the truth is we can tend to do that a little bit and end up eating a lot of food that has no spiritual nutritional value, watching a whole lot of television programs that are not really adding anything, reading a lot of trash, having conversations that we shouldn't be having, and they're not strengthening us spiritually, they're just depleting us and causing excess weight to be carried around.

So Hebrews 12:1, I love this -- it says: Therefore then -- when I do this, I have to actually carry these -- Therefore then, since we're surrounded by so great a cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles and let us run with perseverance the race marked before us.

I love it in the New King James, it says: Therefore then since we are surrounded by so great a cloud of witnesses, let us lay aside the weights -- and I'm going to like teach you today with the -- let's lay aside the weights and the sins that so easily ensnare us. See, you and I are running a race in this thing called time but what happens to a lot of us is we pick up weights along the way and we just try to run our race.

Now I went to the Sydney Olympics in the year 2000. I know you're all jealous because you'd love to come to Sydney but some of us we're blessed and highly favored.

[Laughter]

I went to the Sydney Olympics and I saw the sprinters. There was not one sprinter that was running with weights -- not one. And they weren't thinking, awesome! Can you give me heavier weights? Awesome! Can you put on more weights? And a lot of us, we go through our Christian life and we try to run and we just pick up weight after weight after weight after weight and we just pick up offenses and we pick up hurts,

and we just pick up bad habits and we just kind of go through our Christian life and go, "Oh, it's so hard to be a Christian!" We've just carried all of these weights because somewhere along the line we haven't done what the writer to the Hebrews said. He says, "Therefore then..." What is therefore? In the Bible, when something says therefore, then ask yourself the question, what is this there for? What is it there for?

What's it's there for is because there is a whole cloud of witnesses that are listed in Hebrews chapter 11. And then the writer to the Hebrews says, "Well, therefore then, since we're part of this eternal divine relay, if you're going to keep running, you're going to keep staying forever young, you're going to not just run your race but you're going to finish your course, then guess what? You're going to have to lay aside the weights."

What do you mean lay aside the weights? Well, they could be your friends. Whoa! Good Christian people -- heaven bound -- you might have even got saved through them!

But the fact is they've been okay to bring you this far but if you're honest, you want to really push on in your relationship with the Lord, you get into a faith environment, you take ten steps forward, you get around those friends and all of the sudden you've just taken 20 steps back. They have now become an anchor, a weight to your destiny.

It could be that you're getting your counsel from people that really are not walking in the same -- just in sync with you and they're not certainly following Jesus Christ. And of course, we all need to have friends across the broad spectrum but not in terms of your life decisions and your greatest wisest counsel; people that are not basing their life on the truth of God's Word.

Well, the truth is they're becoming a weight and an anchor, and they're holding you back. And at some point you've got to make a decision, "I'm going to lay this aside." It could be an anything -- a level of thinking. And your thinking has been good this far but the truth is it's now a weight because what brought you here is not going to take you there. Your thinking at this level has been okay thus far -- perhaps your traditions, your cultural mindsets.

I grew up in a very staunch Greek orthodox home. In case you don't know, what I do for a living is not truly what every Greek orthodox mother dreams that her daughter will be doing.

[Laughter]

It's not really the number one goal. And so it's sort of like, I cannot be simultaneously obeying the Lord and doing everything my culture and tradition wants me to do. At some point, it became a weight.

And some of you, and perhaps even watching this today, you know there are things that God is calling you to move on but you're not willing to let go of good things but they've become a weight. So our weight doesn't have to be a bad thing, it's just a good thing that is no longer a God thing -- that's the challenge.

So it could be even different habits. There was a time when it was okay to stay at home on Thursday night and watch something but now the Lord wants you to serve in a certain area. You know what? The good thing of staying -- it's not that what you were doing was bad it's just that what God has now is better. And a lot of times, we are not willing to let go of weights. So they're not sins, they're just weights. And because we're not ready to let go, we go, "Why have I not fulfilled the purpose God has for me?" "Why am I feeling like I'm just always weary and tired?" It's because a good thing became a weight because you wouldn't lay it down so that you could run and finish the race that God has for you. So you're getting old. You're not staying forever young.

So I wonder who's got some weights that you need to get rid of? Who's got some emotional or spiritual or physical or relational or financial weights? It was okay but you know what? God wants you to free up some money so that you can give some money, so that you can serve people with your money. What you're doing with it, it's not that it's a bad thing, but it's stopping you from doing God wants you to do. You've got to constantly reprioritize, reevaluate, and some things that were good in one

season have become a weight in another season. So you've got to make a decision to let that go.

Or the writer to the Hebrews says weights and sins. Now this makes us very nervous because we don't like to use that word *sin* in our postmodern secularized, privatized, pluralized, trendy little 21st century because we're all going to Nirvana in a Tirrana to eat a piranha. We all love to hug a whale, kiss a tree, hold a rope. Awesome! And so what happens is we don't like to call things sins because that makes people feel very nervous! And if you've just tuned in you're like, "Whoa! Chick on screen; preacher saying sin." Yes, that's right! And it just makes us all so nervous and we think, oh, no! Oh, no, this is going to turn people off. But it's quite interesting to me because nothing is a sin, anymore in our world; is it? It is just like a problem. Adultery is not a sin, it's just a marriage problem. So lying is not a sin, it is just a telling-the-truth problem.

[Laughter]

It is just amazing how we just have lots of problems in our society but no sins because we don't want anyone to feel uncomfortable.

The truth is if I had a bottle and it had a poison label on it and I ripped that poison label off and I put a new label on it and I said, "Chocolate Syrup" and I put that chocolate syrup in your refrigerator, you'd think I'm crazy, because the milder you make the label, the more potent you make the poison. So what we've done to a generation is we said let's make the label so mild so the poison will kill you; rather than saying you know what? There is a sickness that's called sin but there is a cure! And that is the blood of Jesus. And Jesus Christ came from heaven to earth, shed his blood on a cross, and rose again from the dead so that no human being needs to be separated from him, everyone can have forgiveness for their past, a brand-new start and a hope for the future.

But while we keep misdiagnosing what the issue is, we're killing people. The church is not doing anyone any favors by saying we're too scared to talk about sin. Because what we're doing is saying, "You know what? We know what the disease is, we've got

the cure for the disease but we're too scared to name it and we're too scared to give you the cure so kill yourselves." That's really truth of it because we fear being misjudged. People are going to think I'm judgmental. People are going to think I'm critical. Listen, if I had cancer, I want someone to call it what it is and I want them to treat it with what it is. I don't want you to call it a common cold and then I die when you had the treatment the whole time.

So what we need to do out of love and grace and mercy is make a stand and say, "This is life giving! Because what you're currently in is death and Jesus came to bring us from death to life." It's not to make bad people good but to make dead people alive. If we, the church, would understand that, that's where the grace is -- is that people are dead without Christ and they become alive in Christ. We're not here as some sort of behavior modification program. Christianity is not a behavior modification program. Let me set you free. What it is is a heart-transformation program and when God transforms your heart, normally your behavior ends up changing in the process.

So we have to understand that there are some sins that are weighing us down; things that are stopping you from staying young and fulfilling the destiny that God has... Sin will age you. It will age you because it makes you weary. Missing God's mark and chasing your own desires will make you weary over time. Oh, it's fun for a season. There's no denying that -- scripture says that! It's fun for a season but it will take you out and it will destroy... It only has one goal: To kill, steal, and destroy. But Jesus came that we might have life and life more abundant.

So I wonder, what do you have to let go of? Unforgiveness is a sin because let me tell you this and some of you watching this might find this hard to understand but I was abused for 12 years. Let me tell you what's worse than being abused for 12 years; it is carrying those abusers every day into your future through bitterness and unforgiveness. See, I had to let go for me. Unforgiveness is like me drinking poison and expecting them to die. It's never going to happen. So we have to learn to let go for us.

So what we have to do is make sure that we lay aside not just those weights, but also those sins, bitterness, unforgiveness, lust, envy, guile, greed. You can think what you want to think but I'm involved with helping to rescue the victims of human trafficking. I don't know if you've ever walked into a brothel where a seven year old is being used by a 40 year old man and you want to tell me that's not sin? Oh, no there is sin and evil that exists in the earth today. So what we need to do is lay aside those things that would thwart the purposes of God and they age us, they harden our hearts and they cause us to live less than what God has for us.

Another thing that might happen... we're talking about how to stay fat free and wrinkle free and it is not going to cost you anything -- well, it's going to cost you your whole life but that's a minor part to play.

[Laughter]

But the fact is that you've got to lay aside the weights and you've got to lay aside the sin, that's how you begin to get rid of some of that excess baggage that you're carrying around.

But the other thing is when you get older, do you notice that sometimes people experience memory loss. My mother-in-law, Nick's mum, she was promoted to heaven, she went home to be with Jesus but right towards the end -- I mean the woman did really well because she had 15 kids. I wouldn't have known their names from day one so it did take like 87 years to get there. So I don't know if it was like memory loss or whatever but the point is that it's pretty sad, isn't it when you see people's memories -- and legends, like they begin to lose their memory and you just go, "Whoa! I remember how sharp." And some of you watching this might have parents or grandparents, and it's actually quite tragic. I've seen just great pain when you walk in and you know they don't recognize you. It is a sign of aging.

You know what a sign of spiritually aging is when you begin to forget to remember what God has done for you; when you forget to remember that God has done some absolutely brilliant thing. I noticed that. I could tell people are getting spiritually old because all they talk about is what God isn't doing rather than all the many things that

God has done in their life. I think it is important; we have to intentionally not forget to remember.

You know on my Instagram I've been releasing a whole series lately on don't forget to remember and it's precisely this point. Because I want to remind the people in the body of Christ to say, hey, let's not forget to remember. You remember when the children of Israel crossed over and the Lord said in Joshua 4:1-10: Choose 12 men, one from each tribe and tell them to take 12 stones from the middle of the Jordan. In the future, when your children ask, "What do these stones mean?" You're going to tell them, "These are memorial stones that our God was gracious. How God parted the Red Sea."

I know you're going through some trials and some tribulations, but you've got to remember God did it then, he can do it now. Here was a whole Egyptian army that drowned, God provided manna from heaven. He was a pillar of fire by night; he was a cloud in the day. Our God is faithful. He moved the river Jordan back. The walls of Jericho came down; we went in and possessed the promise. The Lord said to Joshua, "Don't you forget! Don't forget to remember." And when your children grow up and when your nation becomes secularized and when immorality runs rampant and when education turns upside down and when the world is trying to tell you all this crazy stuff, don't forget to tell your children of the great things your God has done for you -- that he has been faithful, that he's brought you through.

End of clip

In the studio

James: And how true it is! Oftentimes we forget, for instance, we've forgotten, she talked about it being secularized, progressive secularism that is the new force, theological perspective of the day. It's anti-God, against God; depend on something other than God. When you think about God and you realize the greatness of our nation was because of the greatness of our God, I do want to mention stream.org to you right now because you see, we don't have to perish for lack of knowledge. We can have understanding of the times. God has given us the people to show us and help us and I pray you'll take advantage of that.

Betty, we have seen miracles occur in impossible situations and for 25 years now, we have watched what amounts to like the resurrection from the dead. We really have. We have stepped into pain and suffering and we've extended the loving hands, compassionate hands of Christ because we've done it together. You're going to see an opportunity to reach out right now and be the answer to a heart cry and the need of many. I think you'll be excited about it. You'll be grateful you can do it. Watch closely.

On the mission field

>> When the fighting started in my village, my husband and some of the other relatives were killed. I took my children and we ran away.

Song:

Well, it's like
I don't know
Losing everything you own
Nothing matters
And all is broken

>> We walked for a month and a half. We spent the last two weeks of our journey without food.

Song:

Is this really
What you're after
Is this really
What you want

>> My children got very weak because of the hunger and then one child died. Even now we are still suffering. We are still hungry. This is a disaster. I have lost my husband and a child. I have no hope for the future. I do not see a solution. I have to ask God to help us.

Song:

Did you ever

Really want me
Did you ever
Really care
Did you ever
Really love me at all?

In the studio

James: I don't know what goes in your mind when you watch those images. I find myself at home, when Betty and I watch our program, because we will, and then I'll see the images or when I'm looking at them here or when on the mission fields you see them, I wonder how many are prone to turn away? I know no one would ever mean it that way, they just can't stand to look at the pain.

Well, we don't have to look at the pain, we can correct the pain. You see, there is some pain and if you ever watch St. Jude's specials or get their mail, Betty and I support St. Jude's little children. We want them well and so many of them never get well. And they'll even tell you, "We're trying to find a way to make them well."

Well, we found a way to make them well. It is not just a prayer; it is being an answer to prayer. We can give them food. These bowls, and I'll never pick up an orange bowl like this that I won't remember the old tin cans and plastic bags that they would bring to try to get -- they didn't have anything but just -- some brought oil cans. Some were bent up oil cans that they had to pry the rest of the lid off to get something in it. And our viewers kept seeing them do that, Betty and they said, "Why don't you give those children a bowl?"

And the missionaries said, "We can't afford to buy bowls. They're starving. We can't spend money on bowls."

And our viewers said, "We can! We'll give them a bowl, heat resistant, got a place to hold it."

I only tell that to say it was because of people like you saw something even the missionary wouldn't even consider -- and it's good that we consider it! It's good that we realize that the only hope for those people is the freedom to someday be able to go forward; to get them out of the dominance of others. And we work toward that too. I want to give them all the life and freedom Jesus came to make possible that so many of us have had the blessings and benefit of and forgot who gave it to us.

But I don't think you have. I'm asking you to not only give a bowl because many of you, we

will, we'll try to give all of them a bowl but we've got to put something in it. And we've got 25,000 children right there where you saw that woman talking in southern Sudan. It's terrible! 400,000 that we've located -- 425,000 total that we've got them, all we need is the food to feed them. \$30, \$50, \$100 -- this is not an exaggeration, this is the truth -- \$30, \$50, \$100 we can feed three, five, ten children for the next several months.

I mean you make a gift today, it will keep giving because we know what we're doing -- the missionaries know. Would you right now go to LifeToday.org? Just go online. Or would you dial the number? And either way, take your bankcard and use it like a check to do the best thing you'll ever do and that is give life; would you do it please?

If you want to write a check, make it to *LIFE* but call the number and tell us you're mailing it because we have to -- we will start calling the missionaries immediately in these programs to say, "All right. Go ahead. Get the first part. It's coming." 400,000 -- 25,000 more in Sudan where just all hell has broken loose. And they're precious people, many of them are Christians; many of them are being persecuted like they are all over the world right now because they're Christians, like I think in the free world. We're going to experience more of that and it's tragic. It should never happen. And if we release the love of God and the power of God, it's the only way we preserve anything precious, the only way we're going to give them life.

We have some gifts for you to help you grow spiritually that we'll be doing and saying thank you with because we love you. Please go online or call the number and make the gift God put on your heart. And from the bottom of my heart, I thank you.

Begin video clip

Announcer: Disease, malnutrition, starvation -- all terrible human atrocities being faced every day by people living in remote and impoverished areas of Africa. Those at greatest risk are the children.

This month, 400,000 children are depending on us for survival. And now in South Sudan the suffering has intensified and our feeding efforts are desperately needed by an additional 25,000 children. Our mission teams are in place but your support is critically needed to replenish and distribute food supplies immediately. When you call or go online today and make a life-saving gift of \$30, \$50, or \$100, you will provide urgently needed food to three, five, or ten children for the next three months.

As our way of saying thank you, we'll send you *Heirs to the Kingdom*, four powerful messages on audio CD or U.S.B. flash drive. You'll also receive the award-winning book, *Fearfully and Wonderfully Made*. With your gift of \$100 or more to help feed ten children please request *The Story*, a running narrative Bible to help you engage with God's Word more easily.

And finally, with your gift of \$1,000 or more to help feed 100 children you may request this beautifully framed canvas print of the "Forest Chapel" by the Painter of Light TM, Thomas Kinkade.

Please call, write, or make your gift online today.

End of clip

In the studio

James: Betty and I say thank you for your help. I hope if you're calling, you get a busy, you'll call until you get through.

Heirs to the Kingdom, my friend Dudley Hall is so gifted to teach. You can get this on a flash drive. You can get it on your cassette, your DVD's. What do you call them compact disk, is what we call them? CD's -- see, I'm still in the dark ages. You'll get it and it is wonderful.

Then *Fearfully and Wonderfully Made*, the body of Christ, what we learn by looking at how our body functions. I tell you, I've not read many books in my life that bless me like this and it will you. We'll be saying thanks.

And to all of you for being here, thank you so much! God bless you. See you tomorrow!