

Week 51

12/21/07

>> We have a tendency to hope that this diet is going to take us to freedom.

Narrator: Next, personal trainer and nutrition expert Marty Copeland.

>> The Lord showed me, you are fighting this thing in your own ability, through diets, through exercise. You have not fought this spiritually. If we're operating in self-control and we're taking good care of our bodies, there is no reason for a diet.

Narrator: Freedom from dieting -- next!

James: Thank all of you. Thank you here in our studio audience and thank all of you at home. I'm James Robison. Betty, my wife and I welcome you to LIFE Today. We're sharing a series on DVD that was presented right here in the most direct way communicating with you and people you love, "Your Body, His Temple," the temple of the Holy Spirit, the dwelling place of God. That's our body. We don't take very good care of it oftentimes, and the truth is, Betty, a lot of people don't know how.

Betty: That's right true!

James: That's the reason we invited people that we believe have an insight, who are able to communicate in an inspirational way and really, interestingly, they have been through some challenges and battles that our viewers identify with but they found some answers they want to share. It is not like they said, okay, we're the experts. It just means they're on a journey in pursuit of truth but they found some things worth sharing that are life-changing, transforming, "Your Body, His Temple." One of our guests who joined Dr. Caroline Leaf who came all the way from South Africa, so full of truth, came over here to help all of us get healthy, not like they don't have some health issues over in Africa, they have plenty of them but she is helping them and I mean the response has been just staggering. And then Dr. Janet Maccaro's help. And then Marty Copeland came and she has got a book, "Marty's Top 10" diet and fitness strategies. She teaches on free to be fit where she is talking about getting past all the diet fads and all of that and really plugging in, not only to insight and some proper, let's say, steps in the right direction but how about the strength to not just endure but to do it right. I want you to welcome Marty Copeland to LIFE Today. Would you welcome Marty? Marty, it's good to see you.

Marty: Thank you so much.

James: You look beautiful, you look healthy but I've visited with you enough and you've actually been with us before as a guest and told us that you had challenges -- you talk about fitness, you talk about diet and eating right but it wasn't something that came, let's say, naturally to you where it was an easy thing. You actually faced, let's say, some mountains to climb or challenges in that area. Right?

Marty: Right. Actually, that would be an understatement. I really didn't get involved in becoming a personal trainer and nutritional counselor until after God delivered me from

overeating. It was just a desire that he put in my heart to help people. I knew that if I got some education and learned some facts and strategies and different ways that I could help people with the how-to's that would enable me to help them with the spiritual part of it. But the spiritual part of it, I mean we are a spirit -- we have a soul and we live in a body but we are a spirit. We were created to live in this earth and fellowship with God and I'm telling you it is about relationship with God. We look at -- the last time I was on here, it's been quite some time but James, you mentioned that we were facing a crisis in this country, you said that. I've been thinking about how we live in this world of instant messaging. I can be in the car with my daughter and she can carry on a conversation with me and instant message her friends, text message her friends without ever looking at her phone. And it is the most amazing thing, this high tech world that we live in, and yet we are spending over 40 billion dollars a year -- 40 billion dollars a year on weight loss products and we're getting fatter. So you think about that, it is like we can do all these things with technology and we have all this information and all these weight loss products but we're getting fatter. When you think about it, it really is a crisis. Why are we getting fatter? Well, obviously, we are bombarded with temptation. Everywhere you look, there is food --

James: Any time you try to cut back on eating, just say, "I'm going to control," you will notice ads on television you never even knew were there before. They make everything look good. And something you hadn't even thought about in years, they make you start thinking about it.

Marty: You know what's interesting about that particular point is I was studying in the word one day, I was studying and I was looking about the law and the old covenant. Of course, everything I read in the word I look at through diet and exercise and weight loss, it is just the way it is, because that's what I'm called to teach on. But the Lord showed me that in the old covenant, when the law came, the law came because of a lack of constraint. He showed me that a diet comes because of a lack of restraint. If we're operating in self-control and we're taking good care of our bodies, there is no reason for a diet. Right? It is when we start giving in to the desire of the flesh that the law, the diet comes. And if I said to you, Betty and James, I've got this great new diet. I want you to try it out. We're going to start tomorrow morning -- meet me up here. But y'all go out to dinner tonight, we'll start tomorrow morning. What where you going to do? You're going to go eat the biggest Mexican food dinner -- is that not true?

James: You are a prophet! [Laughing]

Marty: That is the nature of the flesh. And then we have a new covenant. We have a better --

James: You're planning to do that as soon as you get off the diet too.

Marty: That's exactly right. So what was God showing me in this is it is just like having a new and better covenant and the new covenant is that when the Holy Spirit came, when Jesus came to destroy the work of the flesh, it says that the new covenant -- it didn't make

the law of no effect, it is in agreement with the law. The command that says to love God with all of your heart, soul, your mind; to love him with everything and to love your neighbor, that's in agreement with the law that says thou shalt not kill, thou shalt not covet. If you love, if you're operating in the love of God, then you won't kill and you won't covet and you won't lie. Right? So a diet can be a good thing. It can be a tool to get you to the place that you want to be but it is not self-control. And there is no supernatural power available in it. It is great for boundaries. People that are out of control in their eating they have a sense of peace when they start a diet because all of their boundaries are drawn for them. It takes out all of the guess work. But that is not the same as the fruit of the spirit of self-control operating in our lives.

Betty: Don't you think too, a lot of times we go into dieting, we try this diet, we try that diet without understanding our bodies and what our body's needs are and what our body should or shouldn't have and how we should take care of our bodies? We're looking for a quick fix without the understanding and like you said I believe too that relationship with God that helps us to have that commitment.

James: We're focused on the problem, fat, rather than the answer and that's a lifestyle change. What Marty is saying is that lifestyle change requires some kind of supernatural intervention. Now tell me what happened with you because you're seeing things weren't exactly the way they ought to be, even though you had some interest, you also had some problems. What happened supernaturally to let's say get things in order to where you weren't just living in a cage or putting yourself from one cage to the other to try to have control. Something happened that began to -- let's say put God in control rather than you being out of control or all of us living out of control. What happened?

Marty: Well, it is a story probably like your story -- it is the same story of the moment I think we hit rock bottom and we just feel like, I have come to the end of myself. I'll never forget it. I remember it like it was yesterday. As I was heading toward the kitchen, I shared this with you the last time I was on here. I was heading toward the kitchen and I was overeating for the third or fourth time. I wasn't hungry but I was just compelled to return and eat. I had developed this stronghold in my eating from the age of about eight. I had some situations in my childhood that I won't go into but it wasn't even necessarily what happened to me it was that I wasn't equipped to handle it. I began turning to food for comfort. I didn't realize this until years later, of course the Lord showed me. But what happened is I would begin to turn to food and when I was stressed, when I was lonely, that's really all I knew. God equips us with this great survival mechanism, except we're supposed to get comforted from the Holy Spirit, not from a Big Mac. Right? So I began developing this stronghold in my life and the word says when we sow to the flesh, we reap corruption. We reap a worsened state. So unbeknownst to me, for year after year after year I'm sowing to the flesh. When I quit growing, I began to have a real struggle with my weight. That's when I began every diet that I heard of. I would try every single diet. The thing that the Lord showed me was is that I would put my hope in this diet.

That's why we titled in this product "Higher Hope for Better Health." We have a tendency to hope that this diet is going to take us to freedom. This is different than every other diet. This new diet --

James: This is the real final answer.

Marty: This is the new thing, and you can eat chocolate. It is going to take us to freedom. But what happens is because we're not making the inward change in our heart and the change in our thinking, we're just fighting this warfare with carnal weapons. When you put your hope in a diet and you fail to reach your goals, you do that enough, you fail enough and you'll begin to lose hope and you'll begin to become discouraged. It is the same ol' same ol' that Satan did since the Garden of Eden. But what he does is if he can deceive us into putting our hope and faith in the wrong thing, he begins to lie to us about the goodness of God because after all, if God loved me he would help me out of this situation. That day that I was returning to the kitchen, it was the only day since then, before then, or ever that I was mad at God. And I yelled at God with tears coming down my eyes. And I said, "I am resisting the devil and he is not fleeing." And I'm bawling. I would have been suicidal but I was Christian and I knew that was wrong so that wasn't an option for me. You keep laughing and I'm talking about --

James: I'm telling you so many people get that. You've said, "I'm suicidal but I'm a Christian." That's another one of those fences that I put up. I know what I want to do but I can't -- but the thing we need to understand is God, he wants us out of the cage. He came to set captives free and you were really shouting. I don't want to live in this cage. I don't even want to live in the midst of a bunch of rules. I want to be free to grow the right fruit. I don't want to be trying to force fed to do something right.

Marty: What's so interesting is that I said I'm resisting the devil. I went and I threw myself on the bed and I bawled my eyes out. And just in my heart, I didn't even want to say it out loud because I was so beaten up, I was so low I didn't want to antagonize the devil but in my heart, I said, God, I know you're good. I know that you love me. And I know there has got to be a way out of this and I'm going to look for it. And that's when it turned around for me. Because what happened, the scripture in Second Corinthians 10:3 says for though we walk in the flesh, we do not war after the flesh. For the weapons of our warfare are not carnal and the weapons of my weight loss were not diets and exercise. Though they are excellent tools to be healthy, they were not what I needed to get set free spiritually. We saw Paul in Romans 7 when he said, "That thing I want to do but I don't or that thing I don't want to do but I do." And that is the struggle of Christianity that when we find ourselves in bondage, when we find ourselves consistently not being able to do what we want or consistently doing what we don't want to do then there is spiritual bondage and that's the reason we're spending 40 billion dollars a year on weight loss products and not able to get free. What God showed me was he took me to the rest of James 4 where it says, "Resist the devil." He said, "What does it say before that?" And lo and behold I had left out half the scripture because I was such a mature Christian, you

know? Didn't really know the word that well, and the beginning of that scripture says, "Submit yourself to God, resist the devil and he will flee from you." The Lord showed me, you are fighting this thing in your own ability through diets, through exercise. You have not fought this spiritually. If you'll submit to me, and put me first in this, I'll show you how to be free. I said, "If you'll show me how to be free, I'll tell anybody that will listen." And that was the turnaround point for me. I began seeking the word. God just led me through a few scriptures; there are about four scriptures that absolutely revolutionized my life. I thought, if I'm Christian, if I'm a body of the anointing, of the anointed one and I have supernatural power available to me and God's predestined me to be conformed to the image of his son, which is gentleness, kindness, meekness, love, joy, peace, self-control, faithfulness and endurance. If there is self-control in me, there is faithfulness in me. If there is endurance in me and I can learn how to develop that in my life, then I don't need the latest fad diet and I don't need the latest exercise equipment. I can just take the wisdom of God and knowledge about good health but I can take his power and develop self-control. I began just like a sower sowed to the flesh for all those years and reaped a worsened state; I began sowing to the spirit. I would put food on my plate and I would leave a little on my plate. I would say, "God, I sow this to you as self-control, faithfulness and endurance."

James: You've been given a divine enabling. How do you define the anointing because it isn't just falling down in somebody's meeting, is it?

Marty: No, I feel so impressed to share this one thing before we finish today. Betty said something the last time we were together, we were talking about this and it so impacted me. As I began to pray over what God wanted me to teach on this series, he brought to my remembrance what you said. You said this, we were talking about being fit and healthy and you said, I've seen you work at this because looking at you, you would think that maybe it just came naturally. You said, "It doesn't come naturally for me. I have to make a decision to say that my body belongs to God and I know that what God has called us to do, I have to take care of my body and be fit in order to be better at it." The Lord as I began to pray over that, the Lord showed me that when Paul said, "My determined purpose is that I may know him." And the apostle Paul said, "And in that same way come to know the power outflowing from his resurrection." Well, we're talking about the anointing and we're talking about supernatural power and it comes through knowing God. That's the difference between a less mature person saying, "Yes, my body is the temple of the Holy Spirit," and acknowledging that God lives in there and what you said, which is your intimate relationship with God had you say, "I have a responsibility as a Christian." It is like you're putting others first. You're acknowledging that God has blessed you with this body and you're to take care of it because he has blessed you with it, and you're to take care of it because you have a job to do for God. And that's like Paul saying, "My determined purpose is to know him and in that way come to know the power." That day that it turned around for me was the day that I said, "God, you show me. I want to

know you in this." In second Peter 1:3 it says, "God has given us all things pertaining to life": Food, exercise, good nutrition, healthy habits, whatever -- that pertain to life -- all things that pertain to godliness. And how did he say? "Through the knowledge of him -- through the knowledge of him." So when we determine to go through him to gain knowledge about our eating habits and through him to gain knowledge about exercise, we tap into that power like Paul said, we determine to know him and then we come to know that power outflowing from the resurrection. So if we want to resurrect our eating habits, if we want to resurrect our exercise habits, if we want to resurrect the life of God to help us lose weight and to develop self-control then our determined purpose is that we know him.

James: I really could feel so appropriately inclined just to say to our audience and everybody that's listening, we ought to just want to applaud and say, "Yay!" But I feel like but for the truth we're hearing and the way it's been presented, it is just absolutely incredible. But here is the thing I really do need to say, what we've shared is not some little product packet. All three of the women, well, actually four because Beth Moore is part of helping you get out of the spiritual paralysis and paralysis in life people live in because they're spiritually jammed, and Janet Maccaro and Dr. Caroline Leaf and Marty, all of them together, there is an anointing. This is what you need to hear -- please hear this, you allow the spirit of the living God to fill you and enable you. And what these ladies have done is they have given you some insights and instructions in righteousness. Not self-righteousness -- not where you're going to get something and show everybody else with a puffed up spirit. No, it is where we all come in brokenness. And like Marty said, "I really needed help. I couldn't do this on my own." We all need help. Every single one of us needs help and God offers that help. I want to pray for you right where you are to just admit, and I'm telling you, a step toward coming home is admitting, "I'm away from home, I need to come back." Part of getting right is admitting, "I can tell things are not right." God is not trying to put you down, he wants to pick you up. He wants to establish your life. Would you just say, "I need it? In all areas -- I need it." Say, "God, I receive it. I need your help. I receive your help. I believe you've offered me the fullness in the Holy Spirit. Your power, forgiveness, and fullness, I want it and I want my life turned around where I'm under control, not in control, but under control. So the self-control is actually a God-given ability to live under your control and to do those things which are best." The telephone number there is always a prayer line for you. You could call today and say, I would like to have the teaching. I'm going to receive the ability from God to do what I've learned. That's what all of these women emphasized emphatically. But they give us some insights. Betty, you've been instructed in some things and you've been helped and you've watched me receive help. I'm supposed to be somebody's sharing and helping others but I hope you can say, I am a pupil, a student anxious to learn. Would that be true? -- And willing to learn from anyone who will teach and keep my eyes open. I have much to learn. But if you're willing to admit, I want it and God says, here I've got

something to offer you. And that is precisely what we're offering. I want you to get the material if you'd like to have it. You can get it on DVD or CD. Just know this, we don't sell product. Not a thing wrong with that but we ask you to do is make a gift and we will suggest an amount based upon what we think is the right wholesome and meaningful and intelligent suggestion. But we're going to be investing in others. As a matter of fact, right now we're trying to take care of 15,000 children in Nicaragua where we're building those 300 homes where we found the children. We want to feed them this year even while we're getting a home ready; we want to take care of them. That cost alone as we've analyzed is \$360,000. You may say, I want to help you with that. We thank you for that. It is something that we can do at this time of the year, to end the year, begin the year. We're asking you to help do that. We're trying to help you with your life and your health and we know the strength to do all things right comes from God. Give us an opportunity to be a help to you. Would you? You can go online at lifetoday.org. We really do want to put something in your hand and in your heart that can change your life and impact others. Thanks for making the call.

Narrator: In this fast-paced world, it is often difficult to balance what the Bible says about health and wholeness with the latest scientific discoveries. Introducing "Your Body, His Temple," a powerful new series that will put you on the road to physical health and emotional wholeness. Through eight life-changing messages, our guests Caroline Leaf, Janet Maccaro, and Marty Copeland team up to help you achieve God's best for your life. Their professional insight and passion for wellness will elevate you from a frustrating lifestyle of stress and dieting to a lifestyle of freedom in your body, your soul, and your spirit. Plus, when you call today we'll send you three dynamic books, Dr. Caroline Leaf's, "Who Switched Off My Brain?" Dr. Janet Maccaro's, "Fabulous at 50" and certified trainer Marty Copeland's, "Top Ten Diet and Fitness Strategies."

>> I can't thank you enough. This is what I was telling everyone my whole life!

>> Thank you for explaining everything so well! The journey is not easy but I've come so far I can't turn back now, even if I wanted to.

>> This is really remarkable. Thank you for bringing this to life.

Narrator: With your gift of \$59 or more, you'll receive "Your Body, His Temple" audio series and books or request the video series and books with your gift of \$99 or more. Call today and we'll send you a bonus DVD by Beth Moore, "When Life has you Paralyzed." As you move on your journey to health and emotional wholeness, you'll be helping 15,000 suffering children in Nicaragua take a step toward better health. Please consider an additional gift of \$20, \$50, or \$100 to help us provide emergency food supplies for 10, 25, or even 50 children for a month. Finally, please prayerfully consider a gift of \$1,000 or more and you may request the video series along with one of the final few "As the Deer" bronze sculptures. Call, write, or make your gift online today!

Kathy: Can you believe this family? All they're eating is tortillas. They can't even afford rice and beans. It is amazing.

>> There is nothing else in here. There is no more food in this area -- nothing. Well, she was telling us just now that he was asking this morning if he was able to tell us to give them something so that he can go buy a pound of rice.

Kathy: Oh, and here, out of this babe he is just saying hey, can you give me something so that I can go buy rice for my family? They're in survival mode; it is desperate. All of you that are watching, will you be the hands to give to a family like this? We're counting on you. Thank you so much and God bless you.

James: With all my heart I pray that you get the inspirational insights and instruction that we're offering. As Marty said, and I'm telling you, what she shares and she is talking about really -- real free to be fit. This is a God-enabling freedom and even to do anything right. I'm going to tell you something, I've got so many caution lights that go on in me and you have them too when you kept trucking back to the kitchen. You couldn't argue, I've obviously got a weakness here. This thing was as obvious to you and others who might love you who just observed, something has got you. These weaknesses on our part, in my opinion, Marty, are an opportunity. And if you've got them, I'm admitted it, Marty admitted it, Betty has admitted it, we're not just all Mr. And Mrs. Proper, but those weaknesses reveal your desperate need for God. But I'm going to tell you more desperate than you need him, he is anxious to give it to you. Boy, it is amazing what happened, Marty. And this is what I want you to know, she is available to come and to share as God directs. And you can go to lifetoday.org and we'll tell you how you can communicate with her because she is not just going to run around chasing after some kind of opportunity. Well, where she sees a heart hunger and some people say, let me tell you something, it is more than a diet. We understand that. You want to come help us? She is going to pray about it. There will be some places that God may instruct her to go and inspire her to go. Would you like to say thanks to Marty Copeland for being with us? Marty, thank you so much for your wonderful testimony. Thanks for helping with the teaching too. Thank you for watching LIFE Today. How about encouraging your friends to watch LIFE Today? Tell them where they can find us. Thanks for this time.