

Week 1
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Narrator: Next on LIFE Today, James and Betty encourage us to take care of our bodies with help from Dr. Caroline Leaf, Dr. Janet Maccaro and Marty Copeland.

Betty: Who doesn't want to feel good? Because when you feel good you feel energized, your mind, you think better and you move better and life is exciting.

Narrator: Stay tuned and discover how you can improve your health and share life with others in need.

Music

James: Well, I'm excited to share this time with you. I'm James Robison. Betty and I welcome you to LIFE Today. I'm absolutely thrilled that people all over the world are recognizing that we indeed have a health crisis that we could begin to address before our world caves in. As a matter of fact, we have just prepared for you a teaching series, which we have been discussing and talking about on LIFE Today for several days and we'll continue to, "Your Body, His Temple." Now listen, the Bible says that our body is the temple of his spirit. We would not appreciate the desecration of church buildings. As a matter of fact, it always makes the news when someone desecrates a building, puts ugly graffiti on it, or damages it in some way. And yet, the Bible says that God doesn't dwell in those buildings. Sure his presence can be there and Jesus said if two or three are gathered in my name I will be in their presence; if you're in my name. You can gather in a lot of other names, he may not show up; Sometimes in mercy he seems to. But if you come in his name he will show up, but he is not occupying buildings, he is occupying this body. Yet, we desecrate it and neglect it and we don't seem to put emphasis on it. Now Betty, the health reports, the medical reports, scientific reports all over the world tell us we have a real health crisis and no government, no health program is going to cover it if we don't care enough to do something about it ourselves. You and I have been married now nearly 45 years and thank God we're doing pretty well. We feel good.

Betty: We do!

James: But we've had some friends who emphasize health, from our medical doctors to other friends, to best friends who really believe in the importance of nutrition and activity and it is added to our life, and most people don't seem to be into that. They're not getting better.

Betty: Well, who doesn't want to feel good? Because when you feel good you feel energized, your mind, you think better and you move better and life is exciting. So why wouldn't we want to feel that way?

James: Well, I do! I'm enjoying life and I'm enjoying life with you and with our 11 grandchildren when we get to see them. They're so full of life they're everywhere constantly moving about, and we just love being with them. We love life but we want to

feel good. We want you to feel good. We're not self-focused where we're glad we feel good and we'll just kind of wish you the best. No, we want to impart the best and that is the reason that we have asked Dr. Caroline Leaf who really understands how this brain functions, Dr. Janet Maccaro, and we have asked Marty Copeland who understands that the emphasis is not on diet but on eating right and being fit and there is so much more involved spiritually than that. And then Beth Moore delivers a tremendous message on when life has you paralyzed and that's a spiritual issue. All of this material prepared to help you take care of this body that is God's temple. I want you to listen to Dr. Caroline Leaf where she talks about what's going on in the brain, how stress affects. She is humorous. She is a great teacher from South Africa! And what a tremendous impact she has made because you will see that in the brain you've got these little root systems or these systems of fruit because the brain actually looks like a tree or like roots bearing fruit. What kind? What's happening? It can become like an abscess. Incredible insight. Listen to her. This seminar on DVD or on CD along with three books by these wonderfully gifted people and the DVD teaching by Beth Moore all to help you have better health, enjoy life. Listen to Dr. Caroline Leaf. This is some of the excerpts from the sessions that they are sharing with you to help you have better health and a richer, more meaningful life. Watch this.

Caroline: Stress is like a little demon in your head. Now stress is basically -- copy from session 3

James: I'm glad we can smile about it. You and I have even commented that there are times when under pressure I become irritable. It is not good. I sort of vent which keeps the pressure cooker from building. I'm sure probably, someone would say, that's good. The problem is when you are venting it is not good for the other person. So our stress tends to spill over on others. What happens is really there is a contamination process that takes place in our body, in our mind. This stress and this is what you need to see, she is really talking about when she talks about the demonic, every time there is the potential, there is a little pocket, a little place for something to be deposited for there to become a stronghold, there are spiritual forces that are influencing that possibility. That's no joke. That's why in the brain -- this is what Dr. Caroline Leaf shows you is that these things, these strongholds, these grips, these vice grips, this impact on the brain, this bruise, whatever it is, spiritual influences hit us in those points of weakness or vulnerability and things happen in reality. Listen to her on a little more serious note talking about what is happening in your brain and then ultimately you're going to see the affect it has on your whole body, on your health. Listen to Dr. Leaf.

Caroline: It can change your entire neurochemistry and neuro circuitry by your thought life. I said earlier on that 87% of current mental

James: Boy, I'm telling you that it is really critically important to understand that when you read the Bible references to what is going on in the mind, and the scripture talks about the weapons of our warfare are not the physical, carnal but they are spiritual, and then we can actually take thoughts captive, thoughts that have taken us captive we can take captive but this is a supernatural thing. As a matter of fact, I think it is very important to understand that Jesus died on the cross on the place of the skull. It is really symbolic of the fact that the battleground is in the brain, it is in the mind. Jesus died to give us the spiritual strength and power to begin to take the wrong thoughts captive and he gave us the word, Romans 12:1, 2 to renew our minds that has transforming affect so we begin to know the good, acceptable, perfect will of God. We're talking about a reprogramming process. And the thing that Dr. Caroline Leaf helps us understand is what's actually going on in our mind. Betty, the things in the spiritual affect the physical. I don't think we have ever heard anyone that makes it any clearer than Dr. Leaf does about what's going on in the brain, not only spiritually but physically.

Betty: I agree so much, James because I know in myself, my own testimony I've been there to where I suppressed these negative thoughts so when I get by myself I can almost scream inside. When I get out where someone might notice or someone might think I'm supposed to be Miss Perfect or something like that, I suppress those thoughts. I didn't allow God to free me of those thoughts, I held them -- they held me captive. So I understand what she is talking about. She is talking about getting rid of those negative thoughts and those negative mindsets and that stress that is caused by all of these things. So it makes real sense to me.

James: We're talking about in a computer age putting in new information, programming it -- reprogramming. This is the greatest computer the world has ever known. Bill Gates can't even come up -- he can't even touch it. No genius in the computer industry can touch what God put right here. But we need to reprogram it. When we offer "Your Body, His Temple" and when Janet Maccaro, who had every kind of disease you can imagine, from panic attacks to all the other things eating away at her, and then begin to learn how the changes can come about in our life that will make us feel young again even as we're getting older. And in a baby boomer age and when people are getting older, which Betty and I, when you've been married 45 years you've been around a while. We've been around a while but we're full of life and we're full of energy. It doesn't say we don't have battles; it doesn't say we don't need to learn to reprogram and get some new input and some rethinking and taking thoughts captive. We understand the battle; we've been willing to admit that but we've invited people in who can help us. Marty is helping. Beth Moore is helping. And what Dr. Leaf shares is absolutely incredible! We've got eight sessions on CD or DVD and three books. I could just hold up what looks like a whole

library here, "Fabulous at 50," "Marty's Top Ten," diet and fitness strategies; improve the quality of your life. "Who Switched off My Brain," talking about what's going on and reprogramming. Do you know that this series, this session, these teachings, this is a part, get it, this is a part of the reprogramming process. This is a part of renewing the mind and it is a process. Everything doesn't happen microwave. And we're trying to get into your life those truths, those insights, the inspiration that can have a transforming affect. Betty, we're offering the CD's and the DVD's and we ask our friends along with all the books, along with the teaching by Beth Moore, we're offering these on DVD and we're asking and suggesting a gift of \$99. If you want it on CD, along with the books and Beth's teaching, which is available on DVD, we're asking for a gift of \$59. But we don't sell product, we invest in people. So you're investing in LIFE Outreach, no question about that, making this ministry possible that blesses people all over the world. But right now, Betty, as we close the year and begin a New Year, we've located 15,000 children, in addition to all the outreaches we're going to maintain only with your help. By the way, we thank God people make beginning of the year gifts, year-end gifts, and understand the importance of it. Thank God for that! Thank God people think that way. Let me tell you what we've seen, 15,000 children in Nicaragua that need our help. We're building homes there but these children need food. It is a \$360,000 commitment that we've made if we can do this. We say we've made the commitment; the commitment is to trust God and share it with you. When you ask for these beneficial teaching materials, when you understand the importance of your own health and well-being, would you in addition as you're thinking about I want to get better, I want to help those kids and make a special gift to care for children that have tremendous need. There is the phone number or you can go online and ask for it and make the gift God puts on your heart. Ask for these materials, it will be a blessing to you. I trust you'll do it. I hope you'll dial the number even now and give us a chance to help you and take advantage of the opportunity to help others even as we show you some of the needs that only love can meet.

Field appeal: in this region of Nicaragua

James: As we seek to help you improve your health, I hope you'll respond to Kathy Troccoli's request and that is that we would not just give him a chance at health but in many ways, a chance at a stable life, a meaningful life. When you ask for the teaching series on CD or DVD, "Your Body, His Temple," just understand that if we allow our body to become not only the dwelling place of the spirit of God but where the spirit of love and joy and peace, where all of these aspects of fruitfulness in the spirit are released like a river that wherever the river flows life springs up. We want to help you with your spiritual health, we want to help you with your physical well-being, and we're glad that people are focused on this. Not just health care and boy, these health issues, the rising costs of the medications and things to even try to balance that that is out of balance is keep

us healthy, it is ever increasing, it is staggering. But if we could eliminate a lot of these things that we're trying to deal with pharmaceutically or with medical help, and deal with it nutritionally and with fitness and exercise and getting the mind healed. It is amazing what happens to our bodies. Betty, I was told I would probably be crippled by this time because rheumatoid arthritis was seen in my joints and arthritis is on every single picture that they take of my joints. When they were doing an analysis of my heart they commented on all of the arthritis in my body. Well, sure I'm taking nutritional supplements to keep me moving. I'm doing all that I can to stay active. I consider it, according to everything people see when they look at my body miraculous! I want this for everyone. I want people to feel good. It isn't just a matter of praying; it is when we pray, sometimes God shows us some changes that need to be made in our practices. I need to stay active. I tell Betty, sometimes when I've been reading or on the phone or praying with people or dealing with this, "Betty, pray I'll get up and get moving and get out of the house." She will say, "I hope you get out of the house." She wants me to keep moving. But we have to keep doing it, and that is the reason we're offering you this teaching series. Then we want you to know that in addition to getting the CD's or the DVD's and all the books and material, help us give a chance to those children. Betty, I believe all of our friends who want to feel better, they want to do better themselves, I think they take tremendous joy and experience a fullness of life when they give life to others.

Betty: Well, we just heard Dr. Caroline Leaf talk about getting rid of those negative thoughts in your life and replacing them with positive thoughts. I myself believe that positive thoughts about reaching out to others, getting my mind off of my myself and my complaints but reaching out to others and filling a need there is a positive step in taking better care of myself. I hope you feel that way too and you'll say, I want to do something to help a child. I want to feed the children.

James: One of the things that a lot of times you wonder about is okay, I'm trying to help them but does it work? It works! When you give people fresh water, when you give children food that didn't have it, when you give them a chance at life, hey, love never fails. And if you want to see "Your Body, His Temple" become the healthy temple, start releasing the flow of love toward others. Watch what happens. We're anxious to send you these wonderful sessions. Thank you for requesting them. You may want to get a set for some friends that you love, it would make a wonderful gift for some people you care about. And make that special gift to give a chance to these children in Nicaragua. Thank you so much. Thanks for sharing.

Cause 51

Field appeal:

75% of the people in this area have -- I have.

Kathy: I was shocked at her age.

James: Well, we just thank you so much for the privilege of sharing with you. We want all of us to live in health and to recognize that our body is his temple. I do want to remind you this is the last day, last opportunity for you to make a special year-end gift. I know that when tax season rolls around you're going to be glad I can look back. I did something meaningful. But if you want it to count on your taxes for this past year then you're going to have to get it in today. It's got to go in the mail or call it in today. I pray you'll make a wonderful special year-end gift and give life to someone else even as your life is enhanced. God bless you. Have a wonderful New Year.

Music