

Week 52

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>> What science is doing is confirming what the Bible has already told us years ago.

Narrator: Coming up, Dr. Caroline Leaf, Dr. Janet Maccaro, and Marty Copeland team up to show us God's plan for physical health and emotional wholeness.

>> We have to learn to think like God wants us to think about ourselves and its all about how much he loves us, what potential that we have to reach our health and fitness goals but just to be healthy.

Narrator: "Your Body, His Temple" next!

James: I feel privileged to share this time with you. I'm James Robison. My wife Betty and I have three beautiful women with us. When I'm talking about beautiful, it means in every way. They're just full of God. Betty, I've said people listen to me say nice things to you all the time, and I've told them it is not something I say when I'm on television, I say it to Betty all of the time because she is truly a beautiful person. We, together, have learned from the women that we have with us. One of them is not here today but you see her every week and that is Beth Moore. She has got a message that she teaches, a real high impact truth called, "When Life has You Paralyzed," situations. This is a part of something that we're offering right now called "Your Body, His Temple." The three women that are with us today have really given us the input, the insight, and the instruction; not like a bunch of experts but people like Betty and like me who are on a journey in pursuit of life today and life every day. We've learned one of the secrets of enjoying life is not only expressing it but sharing it with others, looking beyond our world and seeing out where others have need and where we think God is looking and noticing, and we become the expression of his heart and an extension of his hands, that is part of life. Well, the women who are with us that shared, they're on the same journey. They're in pursuit of God but they're discovering as they go. I want you to welcome our guests. We have Marty Copeland with us; would you welcome Marty to LIFE Today? Marty, we're glad to have you. And all the way from Johannesburg, South Africa, Dr. Caroline Leaf. And she is, I'm telling you, a gift from God, not just to Africa but to us. And then Dr. Janet Maccaro; Janet, you've been here a lot. I tell you you've got your own TV show but we're paying the bill. We're glad to have you. I want to ask you this, Marty. You had not met Caroline, you had not met Janet; you might have seen them on television or kind of heard of what they're doing but what do you think about Dr. Leaf who has this beautiful South African accent and can talk so fast that you've got to be in tune to keep up. But let me ask you, what did you think when you met her and heard what she is talking about what happens in our brain that you've kind of read about in the Bible and wondered about and then she talks about it from a biological standpoint?

Marty: It was amazing! It made things click for me. Things that you think about, that you question about the word and renewing our minds. When I heard her, just immediately things started clicking. She does talk so fast and I'm going to have to go back and watch the DVD series myself again to get all of it because she is covering so much information. It was really helpful -- great information.

James: Caroline, you've had a tremendous response, haven't you? All over the world, people have communicated with you. I've got to tell you, we've had some of the most famous authors in the world, we've had some of the most highly visible people in the world from every field in life, every area of life, whether it is entertainment, whether it is political, whether it is business, whether it is the Christian or religious or evangelical, we've had them, but we've never had anybody that impacted the audience to where it was like everybody grabbed on and they wanted to hear. What's it been like for you, the response and the feedback?

Caroline: It's been absolutely overwhelming when you realize the battleground is in the mind. It seems like this message is helping. It's helped me so much. I tell you every time I teach this I teach myself. So just how to control your thought life, everything is going on up here and to be able to give people tangible tools to understand what's actually going on in your mind -- it's been incredible. It's been such an incredible experience.

James: And your feedback from around the world has been positive with the changes in people's lives like we've heard here?

Caroline: Constantly, from around the entire world. From the depths of Africa to around the whole world, the same thing, the cry of, "How can we control our thought life? What is this thing in our brain? How can we control our mind?" -- Which has just been a phenomenal response. It's been very exciting.

James: Janet, what has been your impression because you travel and speak a lot as you've worked with these other truly gifted people and then Beth Moore being a part of the whole mix, what do you sense about it?

Janet: When I do seminars I say most people need a colonic between our ears. So when I hear her bring it all together very scientifically -- it talks about taking the thoughts captive and clearing out the clutter in our minds to where our bodies and mind become one. Our thoughts can really translate into disease if we don't cast out those thoughts. When I heard this, she's a kindred spirit. We have just really connected -- and we've all connected. But for years I suffered from panic attacks and I studied the brain as well and when I heard her I said, "Wow! There is a sister -- there is a sister right there." She brings it all together so well.

James: Would you all agree that the battle is really in the mind? I had an interesting insight shared with me by a friend, Jimmy Evans who teaches on Family Life. He talked about the fact that there was a significance in the actual event of the crucifixion taking place, very specifically the Bible said, on the place of the skull. He said this battle is actually in the skull and Christ died because that's where the death and let's say the

payment of all of the transgressions and sins and all of the captivity and the bondage and the strongholds in the skull, he died there and it was actually symbolic of where the battle is raging. Do you sense any validity in that from a spiritual and then even scientifically looking at where the war really is, it is in the skull?

Caroline: It is complete confirmation. What science is doing is just confirming what the Bible has already told us years ago. It is just giving us a nice tangible signpost to understand it. So it couldn't be more true because in science, the mind is the last battlefield. It is only in the last 15 years, ten years that we've really started understanding the brain. I've been involved for 25 years and the development has been huge. Now they're saying this is what we have to understand in order to move forward as mankind, and that's what the word has been telling us, that's where the battle is. It starts with your thoughts. If your thoughts aren't under control, you just can't take it any further. You are what you think.

James: You've got a Ph.D. in learning and dealing with the brain and mind. You've done a tremendous amount of study yet you still -- you kept saying over and over, the first time I met you, talking about God, here you've got this Ph.D. and you've got this scientific insight and you've got all of these pictures of what is going on in the brain where we can actually see damage. You showed us a stronghold, it almost looks like a bruise or it looks like a dark hole or a pit. And then when you have great memory and you have great thoughts and positives like this great big blossoming plant and it is fruitful and you keep talking about spiritual things. And then we talk to Marty and Marty understands about fitness and she's been like some people, you've talked about Janet, being into fitness and aerobics until you hurt yourself. Well, she said she had all of these things that she wanted to get in order and yet she had to have a supernatural enabling, God's spirit for her to even have the self-control to begin to do the things that you firmly believed are right. It is like somebody can read the Bible all of the time but the letters kill him but the spirit is ready to give life. Do you agree that the Holy Spirit is what is necessary to reprogram the mind that she is talking about? -- Because she kept talking about it. Do you think that's what the answer really is ultimately?

Marty: Absolutely! To renew our mind and to think like God thinks and to see ourselves as God sees us we have to learn to think like God wants us to think about ourselves. It is all about how much you loves us, what potential that we have to reach our health and fitness goals but just to be healthy. In first Thessalonians 5:23 it says the God of peace, wholeness -- he sanctifies us wholly, W-H. He sanctifies us in our spirit, in our soul, and in our body. In other words, he separates us from sin. But he separates us to himself, and so we have to have a separation from sin spiritually at the new birth and then we have to separate our thoughts. We have to separate our old thinking and get this wholeness in our minds so that we can have peace and wholeness in our body. We have to find our peace, I call it in the morning when we pray, we find peace before the war starts. That is all about renewing your mind to the Word of God and thinking like God thinks.

Janet: And letting go of things that are behind us that have wounded us that we carry up there in our brains. That we need to get rid of the clutter in our mind and make room for the good, everything that lines up with the Word of God that feeds us every day.

Betty: I'm so excited about these teachings and these helpful tools that will be for our friends that watch us every day because Janet, you talk about the physical body. And then Caroline, you talk about the mind and how the thoughts affect us positively or negatively. Then to bring it all together, Marty, you talk about the spiritual part of it -- well, all of you do. That is the freedom that brings us -- that has to start in that relationship with God. I just think this is going to be so wonderful and helpful for people because you bring it all together and it lets us know that our bodies are the temple of God. And it takes all of these attributes to make that wholeness.

Marty: That principle of separating ourselves to God and from sin, Janet did such a great job of talking about cleansing, cleansing our bodies and that separation from bad stuff. Then Caroline talked about our minds and thinking right. It separates our lives, our thoughts from negativity. Just the sense of completeness that I believe if people will get this product, spirit, soul, and body they will have that sense of wholeness and emotional health and completeness so that they can reach more of their potential to be all that God created them to be, experience more wholeness.

Janet: That's right! And you can't neglect one-third of these things. If you do, you can't have total wellness. So we've got all the bases covered in this one program. It is amazing this offer that we have.

James: What God showed me years ago when I watched a lot of ministries crash because not just the failure of the centerpiece, the personality that was the center, but the fact that the people who followed began to follow too much that person and their teaching and they actually put the individual up on an pedestal. They made that person the center of attention, and we actually become like the New Testament Christians, I'm of Peter, I'm of Cephas, I'm of Paul. Yeah, but I'm of Christ. Here all this division and Paul said, I can't even talk to you like spiritual people. You're walking like mere fleshly men. You're totally controlled by your own opinions and appetites. Really, a lot of the religious world is this way. Well, when these centerpieces began to really seemingly have trouble, I saw myself in the same place. I too was being held up, even though I'm talking about God, I'm being unduly exalted. The Lord showed me that I couldn't be the center of attention. That one of my roles in life is he really broke me and did some reshaping. By the way, let me make this real clear, the shaping process in James is not over. That potter still has got this piece of clay. I'm trying to stay tender. You know what I tell him when he's squeezing on me and shaping because it never stops. I'm in my mid 60's but he hasn't stopped; he won't let up. I say, be gentle please. I don't want that real sudden squeeze. I'm asking. But he is shaping me. Here is what he showed me, part of my responsibility was to no longer allow people to see me as the centerpiece but a part of the body encouraging the parts to come

together. That I only had part of what he wants people to hear. I have a little bit to offer of who he is. But if I will rightly connect with others, encourage others to rightly connect then maybe I can be a part of helping the body get healthy. So here you all are connecting, you all had never met. Y'all aren't saying, well, we're at the same pedigree, same club, same background, same country, same state --

Janet: No, that squeezing that you talk about? I call it Holy Ghost sand paper. [Laughter] He is always sanding us all of the time.

James: I want it to be fine sand paper, real easy -- but bringing people together, Janet, and seeing you all connect, in my opinion, is a part of getting healthy as a family of God and helping the family of God get healthy. Would you agree that this is an important aspect of even what you all illustrate?

Caroline: Well, absolutely. If you think about out there in the world, the whole approach to wellness, to getting people healthy and well, they leave out the spiritual side. What we've done here is bring in science with spirituality; the brain and the Bible literally the science, and nutrition and exercise, all the things that they don't sort of link directly to Christianity and that's why we've come in and it works properly within the framework of God, which is what you're trying to say.

Janet: I really believe that we are spiritual beings having a physical experience right now while we're here on this earth. So the spirit is so important. So what Marty teaches about that is crucial. And Caroline, she brings in the mind, I bring the body in -- we've got all the bases.

James: When we were talking to you, Marty and I think everyone here would agree and I think our viewers really need to hear this, when you were talking about the mind being reprogrammed about needing God's help, that he was not just delivering us from something but he was inviting us to get to know him. Paul said, and he was very religious, he was very educated, and he really had this self-righteousness of the Pharisees who kept the letter of the law. He had the royal race and tribe and all the Benjaminite and all of that. But he said, "I count it all loss --." He said, "I counted it --" he said, "dung," refuse, elimination. You keep talking about elimination. He said, "I count all of my achievements as waste, as elimination for the surpassing value of knowing him." You pointed that out. You emphasize it, you emphasize it -- getting to know him, a fellowship with God. The thing that I see and boy, Beth Moore helps this so much when she is talking about, get out of this paralyzed state life gets us in. When you all are talking about "Your Body, His Temple", the "his temple" is the Holy Spirit. Let me tell you how important the Holy Spirit is, when the greatest man who ever walked on this earth, when Jesus said it is necessary for you that I leave, that's the last thing his followers thought would happen. He said, "I'm going to leave and I'm going to send another of the same kind, another just like me. And he is going to live in you." He is not just going to be around, he is going to live in you, your body, the temple of God, the Holy Spirit. Now, you need his power but

here is the thing you all really do make clear, we have a responsibility for what we do with where he lives. Get the house straight. You talk about the foundation frame, all of you --.

Janet: The Holy Spirit is there and we're looking out through the windows of our house right here.

James: And we ought to take care of it. What you all have done, really, is I feel like you've helped. You're wonderful, Janet in helping us realize as we get older we don't have to be deteriorating. We can make choices, actually can choose the diseases we have, sadly, and we can also choose to start undoing the negative. You talk about what's happening in our mind, the thing that is so revolutionary, in my opinion, is that you actually show us how the brain is impacted by the truth that we receive or the lies that we believe, and it actually makes an impression. And where we have been damaged we can begin a positive rebuilding process. You show us that scientifically, irrefutably. And then you come in and talk about okay, you understand fitness, you talk about free to be fit, it is not just a matter of going through an exercise program, a matter of being active but how do you do it because you can't really do any of it right if you make that your God or you're consumed or you're held captive by it. You're talking about being free in the spirit. You're talking about your own difficulties. Betty and I, I always say I'm the guinea pig. I'm the guy -- I'm telling you what, I never want to be held up on some pedestal. I want to be seen as a person that identifies with you. I'm in hot pursuit of the heart of God. That's all I'm doing. I appreciate your prayers. What I learn I share. When I see someone that is full of truth or is learning something, we don't invite in a panel of experts. We invite in a panel and a group of explorers who hit some treasure and they want to share it, they're not selfish. That's what they've done. Would you like to thanks to these wonderful guests? And really, inspirational, I think instructors. We want everybody watching to get what they've shared because we believe it is the truth of God. We have found out from you, you communicate with us your heart need and we have a health crisis in the United States, in Canada and I'm going to tell you what, the government has not got the answer. There is no health care program -- I'm telling you, they can't give us enough pills to treat the mismanagement of the temple of God that we're guilty of. We need God's help and we need to be literally redirected. We're creating the health crisis and it is a billion -- multibillion dollar problem. You can't get enough money to solve it but God can begin the change -- that's what we're offering. The thing you've expressed to us whether you communicate in Australia, the United Kingdom, whether it is in Canada or here in the U.S., you have communicated you want some help. Well, here is help.

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!

>> You know 75% of the people in this area are malnourished and 25% are them are severely malnourished. I think she probably falls into that.

Kathy: I was shocked at her age! Look into these faces! These precious little girls. Here we are in Central America. I was shocked to learn that this little girl right here, Jacenia, she is nine years old. Couldn't believe it, I thought she was five when I walked up -- her little sister's too. Look at that face! This girl right here is obviously so malnourished; she should be so much bigger than she is. It is such a problem across this country. But through your help, we could give these kids some good food. We could give them hope for their future this day through your giving. Please partner with us at LIFE Outreach International to continue to give children like this hope for their future.

James: Let me just encourage you to get it, I hope in DVD. Remember that what you are giving as we ask you to request the helps that we're offering, you're actually helping us just continue reaching out like we are to you every day and all the projects all over the world. As we end the year and begin the New Year, we have an emphasis where we found while we are building these homes in Nicaragua, we found 15,000 children that we really believe, together, we can't do it without you, we need to take care of these children.

We know specifically, it is not huge but it would be big to any one of us or even a small group of us. It is a \$360,000 outlay to take care of these kids and get them on their feet. Wonderful year-end gift, wonderful New Year's gift, please pray about that even as you ask for what we're offering. I want to say too on lifetoday.org, if you want to know how to get Marty where maybe she could come and help in your area or Dr. Caroline Leaf, it is a long way from Jo-berg -- remember that. But you say, "I want to know, I need some help." Or, "I want Janet, Dr. Maccaro to help us." Well, we'll tell you how you can find them and perhaps get to their schedule or how you can even communicate with them. You want to say thanks to these beautiful, truly anointed, gifted ladies? Thank you. Marty, thank you. Caroline, thank you. Janet, thank you. God bless you. Thanks for sharing this time with us. Please do encourage your friends to watch LIFE Today but also to share LIFE Today.