



# Heart Talk

E . D . I . T . O . R . I . A . L

Dearly beloved in Christ,

Greetings in the wonderful name of our Lord and Savior Jesus Christ!

Our God has been faithful in leading us and using us for His Kingdom purpose. He is known for blessing and exalting His children. He makes the distinction between His people and others very distinct. We, on our part should also exhibit the difference by living like Him. Strive hard to imitate Christ. Renew your mind with the Word of God and be transformed into His image day by day. Let us exhibit the character of Christ and manifest the miracles of our Master!

The construction in our Poondi project is progressing. You could see the recent developments in the pictures. Thank you for all your support. You are welcome to stay in our camp site either individually or as a family, to pray for the proceedings. If you decide to do so, please contact us.

We have proposed to start the School of Worship, which will be held from 13th to 23rd of May. This is the first of its kind in our ministry. You will be able to learn worship songs and also musical instruments. The purpose of this school is to shape you as a worshiper and release the worship anointing all through the nations.

The 33<sup>rd</sup> batch of our Short Term Course will commence on the 10th through the 20th of August, in Poondi. Start preparing from now on. You can also invite those who have a real burden to serve the Lord.

The 23<sup>rd</sup> batch of School of the Holy Spirit is going on in our camp site. Pray that the Lord should work in their lives according to His perfect will and transform them into a different person.

Continue to pray for me, my wife, my aged parents, counselors, coordinators, leaders, partners and staff. May God bless you with a Prophet's reward!

Your brother in Christ,

V. Ezekiah Francis

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The Greatest  
Specialty

Dr. Ezekiah Francis

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YOUR MOST IMPORTANT ASSET  
BRAIN EXERCISE

Rev. Benita Francis

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## THE GREATEST SPECIALTY



P R O P H E T E Z E K I A H F R A N C I S

*For how then will it be known that Your people and I have found grace in Your sight, except You go with us? So we shall be separate, Your people and I, from all the people who are upon the face of the earth. (Ex.33:16)*

*Behold, I am with you always, even to the end of the age. (Mt.28:20)*

God's personal Presence distinguished the Israelites from all the other people (Nu.14:14). All the other nations heard that God was among His people. No other nation had God's intimate Presence like the Israelites. Every day, the Lord went before His people in a pillar of cloud to lead their way. Every night, He gave them light in a pillar of fire. It never departed from them during all their journeys (Ex.13:21-22). No other god has owned his people by mighty trials, signs, wonders and wars and by a mighty hand (Dt.4:7, 34).

Even then, the Israelites could lose God's Presence by sinning against Him. When the golden calf was made, God refused to go with them because they were a stiff-necked people (Ex.33:3). Many times, He removed them from His Presence, but He had compassion again and again (2.Ki.17:18; 23:27; 24:20; 13:23). Moses cried to the Lord, "If Your Presence does not go with us, do not send us up from here" (Ex.33:15). Even the great king David had to beg and plead, "Do not cast me away from Your presence, and do not take Your Holy Spirit from me" (Ps.51:11).

**God in you:** The greatest good news of the New

Covenant is that God never leaves you nor forsakes you (Heb.13:5). Jesus is with you always, even to the end of the age (Mt.28:20). The great Helper, the Holy Spirit, will abide with you forever (Jn.14:16). Christ lives in your spirit as the hope of glory and moves freely in your soul and body (2.Co.6:16; Col.1:27). You don't need to cry like Moses or David for His Presence. In Christ, you acknowledge His abiding Presence and thankfully enjoy Him.

You are distinguished from others by His great Presence in and around you. God not only lives in you, He also envelops you. A Christian is enveloped by God (Ps.32:10; 34:7; 125:2; 139:5, 10).

**God before you:** The Lord is going before you as a good Shepherd (Isa.52:12). Simply follow Him, listening to His voice (Jn.10:4, 27). Your king passes before you as the Captain of His army, breaking all the barriers before you (Mic.2:13). Before you see another day, God has seen and made it favorable for you. That is why He asked you not to worry about tomorrow (Mt.6:34).

**God behind you:** God is also behind you as your rear guard, and His glory protects you from behind (Isa.52:12; 58:8). When the Israelites were crossing the Red Sea, the Angel of God withdrew from the front side and went behind them. The pillar of cloud also moved from in front and stood behind, coming between the armies of Egypt and Israel (Ex.14:19-20). Satan and his powers cannot

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even attack you from behind.

**God around you:** Night and day, God and His angels are surrounding you like a wall of fire (1.Sa.25:16; Ps.34:7; Zac.2:5).

**God at your side:** God is also at your right side. You can never be shaken (Ps.16:8; 121:5). He is literally holding your right hand (Ps.73:23). Jesus is sitting at the right side of the Father, the place of greatest authority (Ps.110:1; 1.Pe.3:22). Since you are in Him, His Presence is overshadowing you. His left hand is under your head, caressing you (SS.2:6; 8:3).

**God under you:** God is under you. His everlasting

arms are holding you from falling and carrying you like a little lamb (Dt.33:27; Isa.40:11).

**God above you:** He is above you. The Shadow of the Almighty is covering you from above, protecting you from the wicked spirits in the heavenlies. He is hiding you under His mighty wings (Ps.91:1, 4; Mal.4:2; Mt.23:37).

Beloved, God is in you, before you, behind you, around you, at your side, under you and above you. You are actually enclosed, hemmed in, hedged around by God. If God is for you, who can be against you (Ro.8:31)!? Be bold TODAY!



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*As we step into the third decade...Prophet Ezekiah Francis is looking for "Prophetic Partners" who will help him fulfill the mandate given by God in this new decade. God is raising a prophetic generation to reach the nations with mighty signs and wonders.*

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## News



*Rev. Benita Francis*

# Health

Your most important asset

## BRAIN EXERCISE Prevents brain damage

With all these games you achieve a very important goal: In a fun way, you protect your brain from damage! Experiments conducted with rats have shown that the effects of lead poisoning, one of the leading causes of brain damage and mental deterioration, were very much reduced if the rats had to live in a mentally challenging environment where they had to constantly keep learning. These poor rats were poisoned daily with a dose of lead, and the resulting brain damage was clearly visible in pictures attained through brain imaging techniques. The rats were separated into two groups. One group showed severe brain damage. Fascinatingly, the other group showed much less brain damage. Their brains even showed signs of recovery after damage was afflicted on them. What was the difference? The group that showed high brain damage was kept in a stable environment without any changes or challenges. They were leading a boring routine life (as so many of us do). The healthier group was kept in constant challenge. Every day, they had to find their food in a different place. They had to rebuild their nests. They had to learn new ways through a labyrinth to get to their water supply. The more challenges were added to their life style, the more their brain was protected against damage, and the more their brain grew!

Why am I telling you this? In today's world, it is very difficult to escape poisoning. We breathe polluted air full of factory, car, truck and lorry exhaust fumes. We drink water from pipes that leak lead into the water. We are constantly taking in chemicals from fertilizers, pesticides, insecticides, taste-enhancers, preservatives, medicines given to us or the animals whose meat and eggs we consume, even from the paint and varnish of our walls and furniture. Apart from eating a healthy diet full of vitamins and antioxidants, the

best thing you can do to protect your brain is to USE it! Challenge it! Keep it in constant learning and growing! You will easily prevent it from damage.

### TV and your brain

Did you know that watching television does NOT enhance your intelligence? Your brain goes into a kind of "neutral" gear and just takes in whatever is presented to it. Just think about it! What do you remember more vividly - your pastor's message from last Sunday, or that movie you saw a few days ago? By combining sight and sound and really touching your emotions, TV creates a lasting impact and memory in your brain and tries to "crowd out" the good things you worked and studied hard to put inside. Let me ask you - do you really WANT to store in your brain what your TV set is "preaching" to you??? Faith comes by hearing - imagine the power of hearing and seeing combined! If you see something often enough, you will finally believe it, even if it goes against your initial belief and opinion. That is why some scientists call TV one of the most powerful brain washing instruments this world has ever known.

The fast pacing, high-impact visual and audio nature of TV programs and the passive nature of television watching predispose children to attention deficit problems and can create psychological problems even in adults. School or any other activity seems so boring compared to the glamorous life presented in television that people can lose all desire to live their own life. They prefer to escape into a dream world created by other people's imagination. I have ministered to people who were demonized from watching TV and even manifested the character of the TV personality they used to watch!

Television watching takes your time away from superior activities necessary to healthy brain development - general physical activity and motor development (television watching can be especially sedentary), interactive speech development (talking with others and engaging in self-talk), reading, creative/imaginary play, and so on. Before my salvation, I used to love TV novels and watch them for hours. With my salvation, however, the Holy Spirit just sovereignly took away any desire for TV. I could suddenly see how much time, how much precious

LIFE, this “box” had stolen from me! Have you ever thought about it? The hours you spend in front of your TV will never come back to you! Just think how many things you could do with these extra hours you could win if you would just switch off your TV! You could finally read that book, make that visit or phone call, learn that language or sport, cook that special meal, or really connect with your children heart to heart... You could keep your brain ACTIVE and healthy instead of just allowing it to suck up whatever comes! If you do what TV, at least try to keep your brain active by using the technique of “ask-answer-discuss” we have discussed earlier. Ask yourself questions and answer them. Discuss with yourself and with others what you are watching. Preferably do that during a nice walk or exercise activity ...

There is much debate in modern science today

about the benefits and dangers of video games, computer games and the like. Some state that reaction time is decreased and motor skills are improved by playing them; however, the loss of communication and close touch with fellow humans has proven to be a great danger to the healthy emotional and social development of a person. The lack of physical movement is another danger factor since it leads to obesity, diabetes, blood circulation problems, heart disease and many other health threats.

Now that you know the importance of brain exercise and the dangers of mental passivity, introduce brain games to others. They themselves as well as their parents, bosses and teachers will be grateful to you! So enjoy and share your brain health for God's glory, in Jesus' Name!!!

✂ < > ✂

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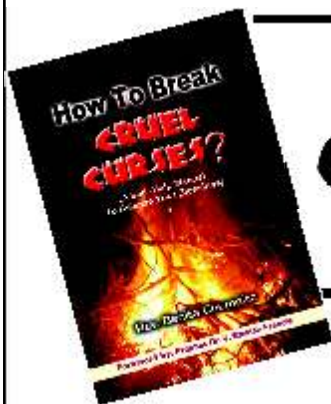
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I think that you have some serious faith issues



"DO YOU MEAN TO SAY I SPENT MY ENTIRE LIFE BEING  
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