



Heart Talk

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

PAGE # 2

SAVIOR IS BORN - Christmas Special Dr. Ezekiah Francis

Understand the meaning of your Savior's name and enjoy the blessings of Christmas !

PAGE # 6

HEALTH the most important asset Brain Boosting Eating HabitsPart II Rev. Benita Francis

Flush your brain of all the toxins that act like speed breakers. This month learn to teach your brain work well.

PAGE # 8

LAUGHTER *The divine medicine*

Keeping your heart cheerful can effectively promote your health. Laugh away your ailments and be healthy.



**BERACHAH
PROPHETIC
MINISTRY**

Raising an army for the Lord.

C O N T A C T

81, 4th Cross Street,
Senthil Nagar, Kolathur,
Chennai - 600 099

PHONE

+ 91- 44 - 26501290

+ 91- 44 - 26501390

EMAIL

info@ezekiahfrancis.org

WEB

www.ezekiahfrancis.org

Dearly beloved in Christ,

Wish you all a wonderful Christmas season! It seems as though we have just entered 2009. But we are nearing the end of this year. Take time to praise God with all your heart. He has been so faithful to us throughout the year. Time is fleeting. The task to be accomplished is mountainous. May the Lord increase our momentum. May the mighty hand of God that strengthened Elijah and made him run ahead of Ahab's chariot, strengthen us also.

Thank you for your earnest prayers and sacrificial offerings all through this year. God has an account of all that you have done for this ministry. You will surely enjoy the prophetic reward.

We witnessed the mighty move of God in all the meetings throughout this year. The One who called me is faithful. Many confessed that their lives have been totally transformed. All this was possible because of you, dear prayer warriors! May God change your captivity and restore all that you lost. We had a wonderful time during the Prayer Seminar.

As usual, we will be having our Fasting Prayer from the 14th to 16th of January 2010 in Jesus Garden, Theni. Let us gather together and pray for the forth coming New Year. I am sure we will be strengthened to face the challenges of the New Year as we wait at His feet.

Pray for the School of the Holy Spirit which will be held next year in our Poondi campsite. Pray that genuine people who have a burning zeal to serve the Lord should join the school. Recommend such committed brothers. God will surely transform them into a different person.

Thank you for your prayers and generous contribution towards the Poondi project. The construction work is still in progress. The financial need is great. Ask the Holy Spirit to guide you to help the project. As you build God's house, your house will be established.

My wife, my parents, my family folks, my counselors, coordinators, key leaders, partners and staff join me in wishing you a very joyful Christmas season. May the joy of Christmas fill your hearts with unspeakable joy and overwhelming love! May you be blessed according to Is. 60:22, "A little one shall become a thousand, and a small one a strong nation: I the LORD will hasten it in his time."

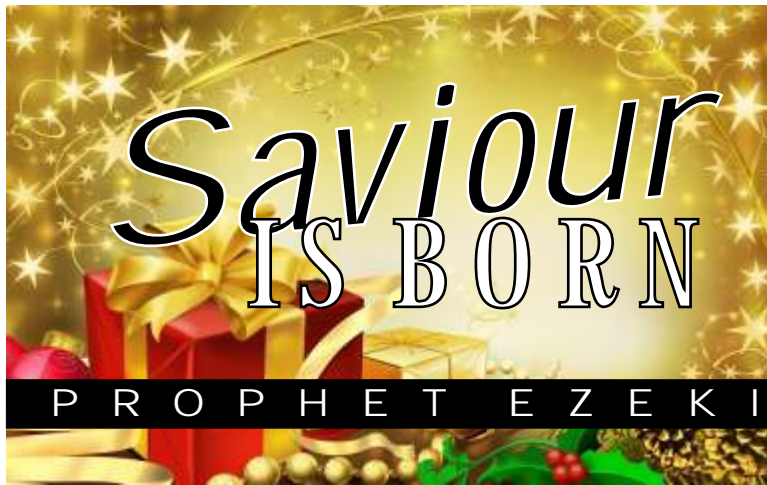
Your brother in Christ,

(V. Ezekiah Francis)



Call 044-26501390 to subscribe for

BERACHAH
PROPHETIC VOICE
A prophetic voice to the nations



Wish you all a very joyful Christmas. There are no historical proofs to say that Christ was born in the month of December. However, Jesus was born. There is no doubt about it. It is good that we meditate upon the birth of Jesus at least once a year. This would be a great blessing to us.

Christianity is a celebration in itself. In the Old Testament, the Lord appointed many feasts so that His people could rejoice. The entire heavens celebrated the birth of Christ. The Lord Jesus won the battle on the cross so that we could take part in His victorious march. Let us delve on the gospel of Christmas. The New Testament begins by saying, "The book of the generation of Jesus Christ." Christ was not born in this world as the creator of heaven and earth nor as the Almighty God. He left all His heavenly glory back in heaven and lived in this world as a mere human being. That is why we can easily follow him. He emptied Himself and took the form of a slave through his birth. Only then he was named Jesus Christ. If you closely understand the meaning of these two names, you can enjoy the bliss of Christmas.

1. Jesus, the Savior was born:

"And she shall bring forth a son, and thou shall call his name JESUS: for he shall save his people from their sins" (Mt. 1:21).

Jesus! What a holy name! This name is greater than any other name in heaven and on earth. The King of kings was born in this world in this name. Matchless name! The name that overcame the armies of Satan! Whenever we say that Jesus is born, without our knowledge we confess: Savior is born, redeemer is born and deliverance is dawned for all of us.

Salvation is born. Healing is born. Peace is born. Joy is born.

Deliverance is born for those who were under the bondage of sin, sickness and curse for ages. Mankind need not meddle with sin any more. You need not be bound anymore. Heaven has dawned upon you.

A) New Testament Joshua was born:

'Jesus' means the one who saves, delivers, redeems and heals. The Greek equivalent for Joshua (in Hebrew) is Jesus. Joshua of the Old Testament was the Savior who conquered the enemies and led Israel into rest. That was a physical deliverance. This enabled them to possess their inheritance. He fought against flesh and blood and was crowned with laurel. This was Jehovah's deliverance that tore down the walls of Jericho and led the Israelites to Canaan.

Our Savior Jesus, the New Testament Joshua did not fight with flesh and blood. Instead, he came to destroy the old serpent that deceived the early couple in Eden and pushed the entire universe into darkness (Ge. 3:15). He also leads us into the bliss of Canaan in Christ. He came to devastate the strong holds on the victorious cross. This is the true deliverance that Christmas gives you. Through Christmas, he delivered you from the clutches of darkness and translated you into the kingdom of His son. Darkness has no power upon you anymore. Fear has no grip over you. You are in the bosom of the beloved Savior. God almighty was in the humble bosom of Mary so that you can enjoy the bosom of the heavenly Father.

Visit WWW.EZEKIAHFRANCIS.ORG and be blessed



PROPHETIC MESSAGES ∪ MINISTRY ACTIVITIES ∪ E-SHOP ∪ MINISTRY SCHEDULES ∪ E-MAGAZINE

B. Jesus, the problem solver was born:

The Greek word for salvation is 'sozo'. If you carefully consider the use of this word in the New Testament, you will know the meaning of this word. Total deliverance from sin (Mt 1:21, He 7:25); deliverance from danger (Mt14:30, 27:42); deliverance from evil spirits (Jn 12:27, I Ti 4:16); deliverance from diseases (Ja. 5:15); deliverance from slavery (Jude 5); finally deliverance from the torment of hell (Jn 3:16-18, Mk 16:16). You need not be a slave, after the Savior Jesus is born. Acknowledge Him as your Savior. Adore His Name. Embrace the Savior during this Christmas season.

Simon was delighted to see baby Jesus. He took him up in his arms, and blessed God, and said, "... For mine eyes have seen thy salvation; which thou hast prepared before the face of all people" (LK.2:22-33). The baby that was born in Bethlehem is the Savior for the entire universe. The child who was born in a manger is the 'heavenly dawn' that dawned to deliver mankind. Real Christmas is celebrating your freedom.

C. Jesus, the 'darkness dispeller' was born:

The first deliverance that you enjoy is: from the bondage of Satan. Zachariah, the priest received the revelation of why Christ was born. He prophesied and sang, " Blessed be the Lord God of Israel; for he hath visited and redeemed his people, And hath raised up an horn of salvation for us in the house of his servant David; As he spake by the mouth of his holy prophets, which have been since the world began: That we should be saved from our enemies, and from the hand of all that hate us; To perform the mercy promised to our fathers, and to remember his holy covenant; The oath which he sware to our father Abraham, That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without fear, In holiness and righteousness before him, all the days of our life (Lk. 1:71-75).

Exactly as he said, Jesus, the horn of salvation was born in the genealogy of King David so that he could fulfill the promise. Yes! Christmas shows the horn of salvation that stands upright for you. Your horn is highly exalted above your enemy, satan. You were being tormented in the wicked hands of the enemy. Our heavenly Moses descended to deliver you. He shed his innocent blood and redeemed you. He plucked you from the hands of the enemy. He also redeemed you from the wicked men whom satan inspired to hate you. You need not be afraid of anything or anybody all the days of your life. The one who redeemed you is Almighty. The birthday of this deliverer is your independence day. Meditate upon this truth repeatedly. Speak about it. Let your soul rejoice in your

Savior like Mary (Lk.1:47). Though Mary gave birth to Jesus, he was born as her Savior too. This revelation made her rejoice. Celebrate the freedom your Savior bought for you.

D. Jesus, the Savior of sin was born:

Jesus redeemed you from the slavery of sin. Gabriel explained this clearly to Joseph even before Jesus was born. He said, "And she shall bring forth a son, and thou shall call his name JESUS: for he shall save his people from their sins" (Mt. 1:21). Adam's sin is the root cause for all the problems of your life. Jesus came to this world in human form so that he might destroy the power of sin which was tormenting mankind. Genetic sin or the sins of your forefathers can no longer affect you. The moment Jesus was born, sin fled away from you. The more you exalt your Savior, the more you will witness sin losing its power over you. You were conceived in sin even in your mother's womb. Sin has been following you right from the womb. Your Savior entered the womb of a woman just to waive off your sin. Now you are part takers of His redemption.

You need not lament like David saying, "Behold, I was shaped in iniquity; and in sin did my mother conceive me" (Ps. 51:5). Why did the angels sing: "For unto you is born this day in the city of David a Savior, which is Christ the Lord" (Lk. 2:11)? Why was the son of David born in the city of David? It is only to change the song of lamentation into a song of joy. Christ was born in this world to destroy the powers of darkness that makes you linger in sin. You are washed, sanctified and justified in the name of the Lord Jesus, and by the Spirit of our God (I Cor. 6:11). Christmas is nothing but celebrating your sanctification.

E. Jesus, the Savior of curse was born:

Your Savior is born to set you free from the clutches of curse. Jesus was born to cancel all kinds of curses right from Adam's. Your sins brought curse. Your words brought curse. At times, others pronounced curses on you. Your deliverer descended to demolish all these curses. Christen the name of Jesus in your personal life and inherit this freedom. Your Savior was born in the form of a man in order to wipe out the sins of mankind. Constantly thank the Lord for becoming a curse to liberate you from curses. This is the greatest Christmas gift that heaven has bestowed upon you.

F. Jesus, the Savior of sickness was born:

We saw how the very word Jesus means salvation from sin, satan and curse. He is born to set you free from any kind of

sickness that agonize you. Sickness makes your life bitter like the waters of Marah. It will empty your purse. It will hamper your zeal for the ministry.

Just as Jesus hates your sin, he hates your sickness too. As long as the physical body exists, sickness also exists. That is why Jesus bore all your sickness physically on the cross. Every wound of Jesus has become a medicine for you (I Pe.2:24). Mary's child has become the healing balm for the entire universe. Savior includes salvation from sickness also.

G. Jesus, the Savior is born in you:

The same Jesus who was born of a virgin is born in you today. You can do all that he did. You are the Savior of the world today. You are 'little-Jesus'. The Lord has placed the spirit of His Son in you. Now, you are the Savior who can deliver the world from all kinds of bondages.

Many millions of believers must rise up before Christ's second coming. You must arise to judge the enemy and set the captives free. "And saviors shall come up on mount Zion to judge the mount of Esau; and the kingdom shall be the Lord's" (Ob. 21). You must subdue the world under His control and establish the Kingdom of God on this earth. Christen yourself as 'little Jesus' and celebrate the One who is born in you.

2. Christ, the anointed is born:

"For unto you is born this day in the city of David a Savior, which is Christ the Lord" (Lk 2:11).

Bible unifies the name of Jesus and says the genealogy of the birth of 'Jesus Christ'. Both are human names of our Savior. Angels introduced him as Christ, the Savior. As you celebrate Christmas, you must also be aware of the Christ who was born for you. Christ means 'anointed one.' "Therefore let all the house of Israel know assuredly, that God hath made that same Jesus, whom ye have crucified, both Lord and Christ" (Acts 2:36).

The Old Testament saints were expecting Christ during their life time. The Hebrew equivalent of Christ is Messiah. Daniel described Christ, as Messiah the King. The One who is anointed King for the entire universe is born. During the Old Testament days, it was a custom to anoint the kings, prophets and priests. The anointing oil that was poured upon them made them so. Your Lord was born as the great baptizer.

Jesus was conceived by the Holy Spirit. He was called the

child of the Holy Spirit (Mt. 1:18). Don't dare to forget the Holy Spirit who brought forth Christ. How our beloved savior could be conceived without the Holy Spirit?

When Christ was born, the era of the Holy Spirit was born. The Holy Spirit need not just visit the earth anymore. Jesus was born to create a permanent residence for the Holy Spirit. The Spirit of God could not move freely in any man. Since man was conceived in sin, he paralyzed the Holy Spirit in some way. Jesus was the only one who did not hinder the Holy Spirit. The Holy Spirit had total freedom in every single cell of Jesus. The moment you were saved, you became the temple of the Holy Ghost. Now He can move upon you in His own way.

A. Anointing was born:

Christ was born to let loose the heavenly river upon you (Ez. 47:4). So long, the river was only ankle deep, knee deep & loins deep. But now a way is born that you can enjoy the swimming level. Just imagine the scene of Christ's birth. The Holy Spirit who descended from above filled Mary. That anointing was transformed to be the fetus. It brought forth the anointed Son.

The same anointing descended upon Elizabeth. She was filled with the anointing and began to prophecy. Yes! Christ was born to engulf His people with the waves of prophecy. When the Holy Spirit fills someone, he is transformed into a different person. This is what happened to Elizabeth. How could an ordinary woman say: "Blessed art thou among women and blessed is the fruit of thy womb?" How did she dare to call a virgin as the mother of the Lord? It is merely because of His anointing. Jesus was born to give you this kind of anointing. Stop depending on your tiny brains and on your own understanding. Christmas encourages you to lean on the wisdom and knowledge of the Holy Spirit.

The power of anointing descended on Zacharias who was burning incense, according to the custom of the priest's office. He prophesied about the Messiah. Habitual ministry became honest ministry. Ordinary ministry became extra ordinary. Impotent ministry became powerful. Christ was born to bring about this transformation in you. Will you give total liberty to this anointed One? This is the best way to celebrate

Now buying our products
is just a click away.

@ www.ezekiahfrancis.org



web shop



Christmas.

The same Holy Spirit came upon Simeon. He urged him to enter the temple, the same day Jesus was brought to the temple. He urged him to enter the temple. What a great surprise! Simeon's life-long desire has been granted. He lifted up the child in his arms and blessed God. Do you now realize how anointing flooded when the anointed One was born in this universe? (Lk.2:26-32).

Christ was born to lead you through the Holy Spirit. He will order your steps. Those who are born of the spirit will be led by the spirit. The Christmas star, the Holy Spirit will guide you in the right way so that you will enjoy your miracle.

B. Heaven and earth was united:

Christ, the anointed one was born to unite heaven and earth. Anointing alone can unite man with glorious God. Those who saw God at a distance so far have themselves become temples of God. "Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us" (Mt. 1:23).

Jesus came to accomplish the awesome task: Holy God united with sinful man. Man and God shared the same spirit. The heavenly king hanged out with humans. God, who could not see sin, became friend with man, who was conceived in sin. Almighty immortal God lived with mortal man. Every time you say, 'Christ' you are indirectly saying: 'anointed one,' 'one who imparts the anointing' and the great baptizer. Everyone who has accepted Christ is a Christian. Christian means anointed people (Acts 11:26). You are anointed!

Jesus, who was born in the anointing, also grew stronger by the anointing (Lk.2:52). The teachers of the law were taken aback on knowing his wisdom (Lk.2:47). Jesus went to the banks of Jordan to be flooded in anointing. He not only received water baptism but also anointing baptism (Lk.3:16-22). The Holy Spirit did not come upon him in a measure. Heavens opened and immeasurable anointing of the Holy Ghost descended. Heaven and earth are no longer two separate entities to those who are anointed. Earthly beings become heavenly beings as a result of the anointing. Once you are anointed, heavens are always open for you. The voice of God will thunder from heaven. Christ is the heavenly ladder who helps the heavenly angels will ascend and descend (Jn 1:51). Now all the heavenly blessings can be transferred through this Bridge, Jesus (Ep.1:3). Heaven recognizes whatever you do on this earth. You can do whatever heaven shows you. This is the essence of Christ's birth.

C. The work of anointing was born:

Jesus began his ministry only after being filled with the





Rev. Benita Francis

Health

Your most important asset

BRAIN-BOOSTING EATING HABITS - Part II

Dear family of God, how are you doing with your new brainy breakfast? Are you experiencing a blessed jump-start into a creative, active, intelligent day? We will now see how you can actually influence your brain's performance and activity by when and what you eat during the rest of the day.

You can plan your meals according to how you use your brain during the day. In any case, many small meals are better for your brain and heart than a few big ones. Repeated food intake makes sure your brain gets the fuel it needs regularly instead of suffering sugar-highs and sugar-lows with the accompanying stress hormone overflow. Big meals strain your body and heart by using all your energy for digestion and therefore make you tired and sluggish.

A low-calorie, high-protein meal that also contains complex carbohydrates makes you more alert and would be perfect for breakfast and lunch.

A higher calorie, higher carbohydrate, lower protein meal could help you relax and fall asleep in the evening.

Skip the dessert at lunchtime if you have a lot of work or learning to do in the afternoon. If you want to be alert after the evening meal, save dessert for a before-bedtime snack.

Never forget: You ARE what you EAT! Your body and brain can only take what you eat and make it into either good cells or bad cells.

BRAINY BREAK:

You shouldn't make your brain starve between breakfast and lunch! After two to three hours, the "brain fuel" from your breakfast is usually used up, and your brain performance starts dropping. You can counteract that by taking a wise mid-morning snack.

Your brain needs lots of sugars to function perfectly. It actually uses 20% of the entire body's carbohydrate supply! These sugars must come in a steady flow, though, not in blood sugar peaks and lows as created

by "junk-foods", candy bars, filtered fruit juices without the fruit pulp, white sugar, white rice, polished grains and the like. Take it as a rule of thumb: the more stable your blood sugar, the better your brain can function.

That is one reason why I insist so much on whole-grain products with much fiber. While fiber is not directly involved in brain function, it does influence how other nutrients affect the brain. Soluble fiber, such as fruit pectin, has a stabilizing effect on blood sugar because it helps lower the glycemic index of foods. The glycemic index is the rate at which sugar from a particular food enters brain cells and other cells of the body.

Foods with a high glycemic index stimulate the pancreas to secrete a lot of insulin, the hormone needed to escort the sugars into the body's cells. It causes the sugar to quickly empty from the blood into the cells, and the blood sugar level plunges to a sugar low, or hypoglycemia. The low blood sugar in turn triggers the release of adrenal hormones that squeeze stored sugar from the liver, sending blood sugar levels back up. This blood sugar roller-coaster affects moods and concentration, leading to "sugar highs" and "sugar lows". The ups and downs of blood sugar and adrenal hormones can also stimulate neurotransmitter imbalance, making you fidgety, irritable, inattentive, and even sleepy. Drinking this coke or this sugary coffee is therefore NOT the brainy remedy for your mid-morning break!

Foods with a low glycemic index, however, do not push the pancreas to secrete so much insulin, so the blood sugar tends to be steadier and the supply of "fuel" to the brain is much more balanced. Therefore, foods with a low glycemic index contribute the best sugars for your brain. They include oatmeal and bran, milk and yoghurt, fruits and freshly prepared fruit juices WITH the pulp, not the packaged ones with lots of sugar and preservatives and without the fiber. Grapefruit, apples, oranges and grapes have a low glycemic index, as have legumes like soybeans, kidney beans, chick peas and lentils. Pomegranates have even been called "super-fruits" for their brain-boosting, immune-system-boosting and anti-bacterial, anti-viral and even anti-parasitic properties! Even when you go out, always keep some fresh fruit or vegetable or some peanuts or pulses with you and snack on them to avoid health- and brain-hazards.

A good bowl of bran for breakfast and an apple or other fruit as a mid-morning snack will definitely keep your brain working at top form until lunchtime.

menu” for the patient. In my own life, uncountable times the *Holy Spirit* taught me how to receive my

BRAINY LUNCH:

By your food choices during lunch you can decide if your afternoon will be bright, intelligent and brainy, or dull, slow and clumsy. You can choose if you want to put your brain to sleep after lunch, or if you are going to be productive and brain-fit during your afternoon.

A big part of your digestion and efficiency in nutrient absorption starts in your brain, so PLEASE DO take time to sit down for your lunch. Don't just gulp down something - anything! - to “survive” until a sumptuous dinner as so many top executives do. Feed your body and brain at regular intervals and the right things. It is very important to actually THINK about your food. Scientists found out that if you eat when you are upset, sad, angry or emotionally disturbed, or if you ponder or talk problems while eating, your system is not able to digest your food properly. You do yourself more harm than good because indigestion, heartburn, even symptoms like from food poisoning might occur if you eat while thinking toxic thoughts. Put your mind on pleasant topics while you eat and ensure a perfect flow of digestive enzymes and all the substances needed for proper food absorption.

Two factors influence whether the brain speeds up or slows down after a meal: the ratio of the amino acids tryptophan and tyrosine, and the ratio of protein to carbohydrate.

Proteins in the diet affect brain performance because they provide the amino acids to produce neurotransmitters. Two important amino acids, tryptophan and tyrosine, are *precursors* of neurotransmitters, the substances from which neurotransmitters are made. Tyrosine, which is needed to produce the brain-exciting catecholamines *dopamine*, *epinephrine*, and *norepinephrine*, is not an essential amino acid. The body can make it if there is not enough in the diet. Tryptophan, which is needed to produce the brain-relaxing serotonin, is an essential amino acid. That means, the body can not make tryptophan; it must get it from the diet. So, it seems that dietary deficiency is more likely to affect tryptophan than tyrosine.

This might explain why so many people, especially children, today are diagnosed with ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyperactivity Disorder). Many of these children were brought up on formula, not breast-fed, and show a deficiency in vital brain fats. They were found unable to make the fatty acids their brain needs from the fats in their diet. If you or your child has received such a diagnose from doctors, I encourage you to pray sincerely not only for a miracle, but for a complete “Holy-Spirit-



BERACHAH PROPHETIC MINISTRIES
CONDUCTS

SIGNS & WONDERS SEMINAR

A blessed opportunity to empower
you to minister with signs & wonders

Date : Feb 22 - 26, 2010
Five days

Place : Healing For All Nations
Campsite, Poondi.

Reg. Fees: Rs. 800/-only
Register Today!

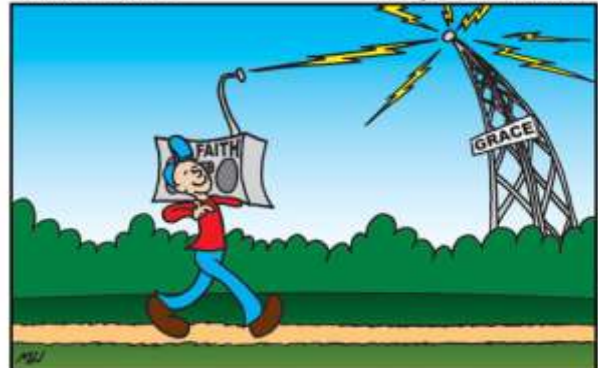
LAUGHTER

A merry heart
works good like
a medicine:
Proverbs 17:22

THE DIVINE MEDICINE

GRACE RADIO

A Joyful 'toon by Mike Waters



For it is by grace you have been saved, through faith—and
this not from yourselves, it is the gift of God - EPHESIANS 2:8 NIV

GRACE CAFE

A Joyful 'toon by Mike Waters



For no matter how many promises God has made, they are
"Yes" in Christ. And so through him the "Amen" is spoken by
us to the glory of God. - 2 CORINTHIANS 1:20 NIV

News

- Gold hits record highs tracking global leads
- Maoists kill security man as polling begins in Jharkhand
- Telangana activists torch Renuka Chowdhry's office
- India, Canada reaches civil nuclear agreement
- 8,200 hit by CAT virus: report to HRD Ministry
- Sonia warns of action against MPs skipping parliament
- Death sentence of Manjunath's murderer commuted
- Pakistani, FBI agents interrogate five Americans
- Soon, Indian Music Awards similar to Grammys
- Obama urges Pakistan to fight 'cancer' of extremism

SEE YOURSELF IN CHRIST DAILY

Order your copy Today!

An awesome masterpiece
to make your time with God
exciting!

Owned and published by V.Johnson from Plot No. 81, 4th cross street, Senthil Nagar, Kolathur, Chennai -99
and printed by Augustine David at Kalos Prints Offset Division, 9A, Jeevan nagar, Adambakkam, Chennai -88
Editor: Dr. V. Ezekiah Francis