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Dr.Ezekiah Francis

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Health  
Hygeine -Part 4

Rev.Benita Francis



BERACHAH PROPHETIC  
MINISTRIES

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

## PHONE

+ 91- 44 - 26501290  
+ 91- 44 - 26501390

## EMAIL

info@ezekiahfrancis.org

## WEB

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# Heart Talk

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



Dear precious partners,

Warm greetings in the miracle working name of Jesus. You are precious as you shoulder the God given responsibility along with me. Every bit of your effort towards the Kingdom of God is accounted in heaven. God will surely repay and reward you with His choicest blessings.

I may not know all your labor for the Lord. But the omniscient God knows it for sure. He loves to give it back to you. Not just in the measure you gave, but more than you could ever imagine! God loves a cheerful giver. The love, time, prayer, money that you give cheerfully moves the heart of God. Receive the prophetic reward by faith.

Please keep praying for our building project. Pray that everything must be completed quickly and excellently. We are constantly updating you about the progress. Thank you for all your sincere prayers and pinching offerings towards the project. You will surely receive your rewards according to a prophet.

We are having our Zoe youth meeting from the 10th to 12th of May in Jesus Garden, Theni. This year God wants to use the youth for His glory. Satan, on the other hand, also seeks to make use of the youth for his purposes. So, please encourage youngsters to come without fail. You can also sponsor them.

The School of Worship will be held from the 16th to 25th May. If you are interested to lead worship and want to excel in it, attend the school of worship.

As usual, our Short Term Course will be held from the 10th to 19th of August 2011 in Poondi. Plan ahead to participate and be trained and equipped in the army of God.

I am planning to spend more time in writing. I covet your prayers for more revelations.

May God bless you with a double portion of all that you have lost! Continue to pray for my wife, parents, family, counselors, key leaders, coordinators, partners and staff. May God do exceeding abundantly more than you ask, pray or imagine!

Your brother in Christ,

Ezekiah Francis

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## CREATION AND RE-CREATION IN CHRIST

A PROPHETIC INSIGHT BY

**Prophet Ezekiah Francis**

*The earth was without form, and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters. Then God said, "Let there be light"; and there was light...*

*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new (Ge.1:1-2; 2.Co.5:17)*

Let's compare God's creation of the earth and our new creation. We can see some unique features that apply to both creations.

**Perfection:** This is the first characteristic of God's creation. The earth was formless, void and dark, maybe due to the fall of Lucifer. So God created everything to make it perfect and complete. This also happened to you, the new creation. God created man with all perfection but through the fall, man became imperfect. God took this fallen man and made him a perfect new creation in Christ. There is no imperfect believer in Christ. You are complete in Him, with all the fullness and beauty of God (Col.2:9-10).

Now you are His new creation, old things are gone forever (2.Co.5:17). In Christ, you have His form and structure, so don't accept your past unstructured lifestyle any longer. In Christ, you are full and complete, so don't allow wastage and emptiness. In Christ, you are light, so resist any kind of darkness (Eph.5:8-14). The perfect creation portrays the character of the perfect Creator. When He recreated you, He did everything perfect.

**Spirit and Word:** God creates everything by His Spirit and His Word. Both the creation of the earth and

the new creation were accomplished by God's Word and God's Spirit. As God's Spirit was hovering over the earth, God's Spirit was hovering over you. When you heard God's Word, God's Spirit breathed new life into you (Jn.1:12; Heb.1:3; 11:3; Jas.1:18). You are born again by the Spirit and the Word (Jn.3:3,5). As Jesus was conceived in Mary's womb by God's Word and the overshadowing power of the Holy Spirit, Jesus was conceived in you by His Word and Spirit (Lk.1:35). In Christ, you have His Spirit and His Word to create your world as God designed.

**Light:** The first day, God commanded light, divided it from darkness, and called it day. When you were formed in Christ, the first thing He did was to cause His light to shine in your heart. You received His glory (2.Co.4:6). God, the true and great Light, is shining in you. Think about it!

In Christ, you are delivered from the powers of darkness and transferred into the Kingdom of His true Light (Col.1:12-14). You share the inheritance of His saints in the light. This all happened the day you put your trust in Jesus.

Salvation is not simply obtaining forgiveness of sins. It is a total transfer from the world of darkness to the world of light (Col.1:13). Resist every form of darkness wherever it tries to control or dominate you. Shout to the devil that now you are a well-qualified citizen of God's Kingdom (Phil.3:20).

You are the light of the world (Mt.5:13). If so, how much more can you bring light to your own family, friends and circle! Your spirit man is the lamp of God in



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you that can enlighten your emotions, feelings, look and your entire body. Stephen's spirit was so bright that even his face reflected it (Ac.6.15). You are a glory-carrier!

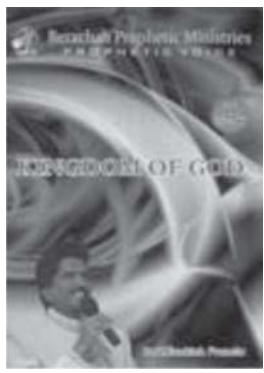
Beloved, now you are full of God's perfection and glory. Every cell of your body is radiating with God's light. Wherever you go, you dispel darkness and bring His light. Once you were darkness, but now you are light in the Lord. Walk as children of light! Rebuke the deeds of darkness! Put on the full armor of light. Let your light shine before men and bring glory to your Father by your good works (Mt.5:16). Be decent and true in everything you do, as in the open light of day, so that everyone can approve of your behavior (1.Thes.5:5-9; Ro.13:11-14; Eph.5:8). God called you the Light and the Day. Call yourself so constantly! This will revolutionize your life. Shine today!

Thank You, Lord, in Christ, I am perfect just as my Father in heaven is perfect. I have been born again through the Word of God that lives and abides forever. I am a child of light and child of day, not of the night nor of darkness because I am in Christ.

Mt.5:48; 1.Pe.1:23; 1.Thes.5:5;

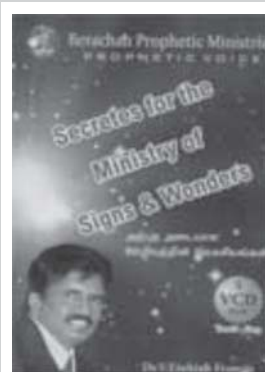
Bible reading

Gen 3:1-4:26 & Matt 2:1-238; Phil.



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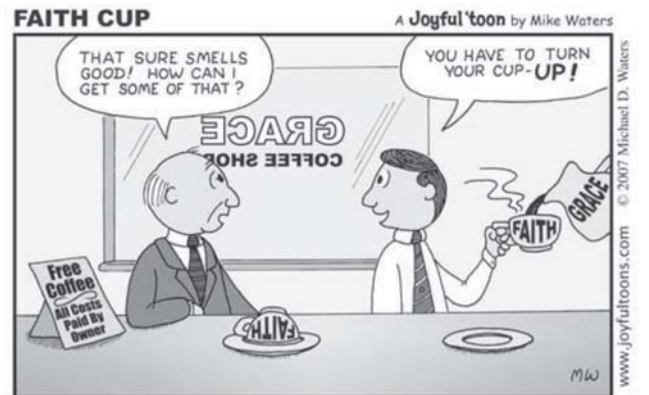


# LAUGHTER THE DIVINE MEDICINE

A merry heart works good like a medicine: but a broken spirit dries the bones. Proverbs 17:22



Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. — PSALM 100:4 NIV



through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. — ROMANS 5:2 NIV

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# Noah's Arc *Is a great story to learn practical truths for living a sanctified life.*



- ONE: Don't miss the boat. For us the Rapture of the Church!!!!
- TWO: Remember that we are all in the same boat! One Body of Christ
- THREE: Plan ahead. It wasn't raining when Noah built the Ark. Prophecy will happen!!
- FOUR: Stay fit. When you're 60 years old, someone may ask you to do something really important. You shall do more in your senior years than ever before for the Kingdom!!!
- FIVE: Don't listen to critics; just get on with the job that needs to be done.
- SIX: Build your future on high ground.
- SEVEN: For safety's sake, travel in pairs.
- EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.
- NINE: When you're stressed, float awhile.
- TEN: Remember, the Ark was built by amateurs; the Titanic by professionals.
- ELEVEN: No matter the storm, when you are with God, there's always a rainbow waiting.

## Berachah Publications ● ○ ○

- |                                       |   |
|---------------------------------------|---|
| 1. Prayer the Vital Breath of Life    | 9. See Yourself in Christ (May-August)        |
| 2. Trumpet Call for Prayer            | 10. How to Break Cruel Curses                 |
| 3. Vessel For the Master's Use        | 11. Health - Your Most Precious Asset (Vol.1) |
| 4. Where are the Prophets?            | 12. Nation in Your Hands                      |
| 5. Clarion Call for Prayer in Crisis  | 13. How to Break Ungodly Soul Ties            |
| 6. Five Secrets for Power Walk        | 14. Wonder Way to Wonder World                |
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| 8. See Yourself in Christ (Jan-April) |   |

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## SHORT TERM INTENSIVE COURSE

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Aug 10 to Aug 19 2011



Contact us for further informations or apply online

# Berachah Upcoming Events

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Centenary Hall, Palayamkottai

Minister's Conference  
10th Mar 11 to 11th Mar 11

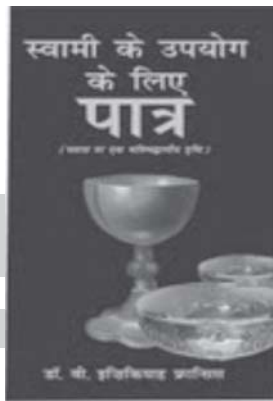
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Zoe 2011  
10 - 12 May 2011

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# Health

Your most important asset

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Series on

## HYGIENE - PART 5

### **A look inside your house**

The state of your house is a clear indication of the state of your mind. Chaos in your house shows chaos in your mind. You just cannot be at peace and creative if your surroundings are in a mess. A very good strategy is to create a “self-cleaning house”. Does this sound too good to be true? Well, it is actually very easy. In Western nations, we make it a point to have one “house cleaning day” per week. On that day, a very thorough cleaning is done throughout the entire house, even inside cupboards and drawers. Then we install “cleaning stations” in every room: We have a sponge, some detergent and some cleaning materials easily reachable in every room. Wherever we see some dirt, we instantly take action. If you attack a stain the moment it occurs, you can easily remove it. If you allow it to dry, however, it might stay with you forever!

We all have busy schedules, so we need to fit in our house cleaning wherever we can. The best option is to make a list of all the different duties like dusting, sweeping, mopping, watering the plants, washing dishes, washing clothes, cleaning windows, cleaning door knobs, switches, fans, etc. Write down next to each activity how many minutes it requires. When you have a few minutes of waiting time, see your list and select an activity. You will be surprised how easily you will be able to keep your house clean, and how good you feel when you use your time efficiently like this! The frustration of waiting times will make room for a feeling of accomplishment and satisfaction. Try it! It really works wonders.

A very important thing to learn is not to allow dirt and chaos in the first place. You can teach your children to keep cleanliness and order even from a very young age. Their peace and their intelligence will definitely increase as their health blossoms. Avoiding to produce dirt by spilling food or drinks is easier than cleaning up later! With a little carefulness, you can actually gain so much life time that would otherwise be wasted in unnecessary cleaning or, in case of infections because of lack of cleanliness, doctors visits!

Please don't waste your own life or other peoples' lives!

Cleaning up behind somebody else is NOT God's highest and best plan for a human life! There are sooo many things to be done for the Lord if we avoid wasting time by producing unnecessary dirt and chaos. Throw that paper into a waste bin and not just wherever you are! You avoid having to go back and pick it up, fighting infections, rats and other pests that took interest in your waste paper!

Yet even with all these strategies, keeping the dirt out of your house can be a constant struggle, especially if you live near a busy road. Particularly in nations like India where people spit and even go to toilet anywhere on the road it is vital for your health to remove your shoes when entering your home and to disinfect your floor at least once a day. Make it a habit to wash your hands with a good soap for at least twenty seconds the moment you come home. Never put bags and items that had contact with the outside floor on your bed, table or other easily accessible places. Put them on the floor and only use them after cleaning them with a detergent.

Never sit on pillows, bed sheets or blankets that will have contact with your face and mouth while you sleep. Remember where you have been sitting before coming into your house... Would you like to put your face on these surfaces? Well, by sitting on your bed, you bring the same germs and bacteria onto your pillow! Many infections are transmitted in this way, and you and your doctor will wonder how you ever got exposed to that specific germ. It goes without saying that your feet should never rest on the blanket you are planning to sleep under...

Thorough cleaning of your house with a good antiseptic cleaner is a must. Of course, your kitchen and bathroom are the most endangered areas and need your daily care. All your food preparation surfaces and vessels must be cleaned thoroughly before and after each use. Make sure all your food items are stored in airtight containers to avoid infestation with pests. Store your food even in your refrigerator in airtight vessels, especially meats, eggs and dairy products. Always wash your foods before storing them away in your fridge. You don't know where they have

been laying before coming into your house...

Your fridge must be cleaned with warm water and a good antibacterial soap at least once a month, preferable every two weeks, to ensure good health for your family. Your fridge handle should be cleansed daily since all the germs sitting on it will be transmitted directly onto your food items with your next touch! Immediately store all your garbage in airtight containers to avoid attracting rats, mice, ants and cockroaches. Wash your vessels right after use and keep your kitchen always well ventilated.

Cleanse your bathrooms with bleach and make sure you close all inroads for rats, cockroaches and the like. Always try to prevent their entry instead of later combating them with highly poisonous sprays and pesticides since these will also affect your own health in the longer run.

Another very important area to keep good hygiene in is your bedroom. Dust mites thrive in the warm, humid surroundings of mattresses, pillows and bed sheets created by your body heat and night sweat. Bed bug bites are itching and extremely painful and can transmit serious diseases, even meningitis and a form of paralysis. Keep your bedroom as empty as possible to ensure good airflow. Keep your bedroom windows wide open for a few hours every day. This is the best protection against all these unwelcome guests. Expose your mattresses and pillows to fresh air and sunlight regularly. When you find bites on your body, it is already too late...

Crowded living conditions also induce infectious diseases like scabies, an extremely itching disease caused by mites that burrow into the outer layer of the skin. Within 3-4 months, the one single mite that infected the person can multiply into 500 mites! It can be transmitted by contaminated clothing, towels or bedding, but most efficiently by close personal or sexual contact. Immediate action should be taken to ensure the health of your family.

Other extremely contaminated items are door knobs, light and fan switches, phone receivers, cell phones, remote controls and computer keyboards! Make sure you wipe those frequently with a soft cloth and a little detergent. Be careful, though! Don't "baptize" your electronics, they won't appreciate it...

I will never forget my great surprise when, after buying a good sponge and some strong cleaning agent, I discovered that the brown-colored light switches in India are actually supposed to be WHITE!!! Wow!!! And let me give you another important revelation: Your handwashbasin should ALWAYS be clean, not only when you expect visitors! Remember: Your Lord Jesus is ALWAYS with you (Mt.28:20)! Heaven is a clean place, so please make Him feel at home in your home! Do your family and your own health a favor. Don't rely on servants. Work together to keep your house clean and hygienic today itself!

In our nations, we teach even the smallest children to leave the bathroom, washbasin etc. clean after using it. They can actually learn to enjoy "playing" with sponge and soap and seeing the color change and the shine come to your appliances. Ok, I admit, probably they will make more mess than help you in the beginning, but keep training them. Your entire family will be rewarded with good health, and when your children go out for studies, they will always remember your teaching and help save many others from food- and water-borne diseases.

Make it a habit to wash your hands frequently, especially before and after eating or handling food. To really get rid of dangerous germs, you should wash your hands with soap for about 20 seconds, which is about the amount of time you need to sing one full "happy birthday". Practice that, and you already have another fun way to train your children into a healthy lifestyle which they will not forget when they grow up (Pr.22:6)!

- To be continued

## News Zone

### World's first hack-free software 'developed'

Scientists have developed what they claim is the world's first hack-free software which can protect systems from failure or malicious attacks

### Too much cheese can cause bladder cancer

Eating more than 50 grams of cheese daily may increase your risk of bladder cancer, a new study has claimed.

### Diet soda may cause heart attacks, strokes

A new study claims that sugar-free fizzy drinks could actually raise the risk of having a heart attack or stroke

### Amazon drought caused huge carbon emissions

Frequent severe droughts risk turning world's largest rain forest from a sponge that absorbs carbon emissions into a source of the gases.

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