



Heart Talk

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HOLY SPIRIT

- in the beginning

Dr. Ezekiah Francis

Join an exciting journey in exploring the work of the Holy Spirit in the beginning of days.

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HEALTH the most important asset

- Detoxify your brain

Rev. Benita Francis

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

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LAUGHTER

The divine medicine

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



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Dearly beloved in Christ,

Greetings in the wonderful name of our Lord and Savior Jesus Christ. Let us offer our heartfelt thanks to the Lord who guided us and guarded for the past eight months. He has been concerned about us. He has shown special care and protected us as the apple of His eye. He has never let us down. He was so faithful in fulfilling His promises. All glory be to God alone!

Our prayers have brought about tremendous change in the nations. Still, we see many sickness and diseases, terrorism, violence abounding everywhere. This is the right time to intercede. The welfare of our nation lies in our hands. We can bless the nation, protect it and prosper it. So, hurry up. Decide to stand in the gap.

As usual, we are going to gather in Poondi for the Prayer Seminar that will be held from the 23rd to the 27th of November. Start preparing from now on. You can also invite those who have a real burden to pray. This is a rare opportunity for us to join hands with our High Priest and linger in prayer.

I will be preaching in the Victorious Life Seminar in Mumbai from October 15th through 17th. Pray for God's glory to saturate the lives of all the delegates so that they would lead a victorious life.

The construction work at Poondi is progressing well. Thank you for your support. We have been facing many challenges that try to hinder us. However, God has been enabling us to advance victoriously. We have planned to build individual rooms for the delegates. I covet your prayers for the same.

Always remember to pray for me, my wife, my aged parents, counselors, co coordinators, leaders, partners and staff. You shall receive a prophetic reward.

Your brother in Christ,

V. Ezekiah Francis



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Holy Spirit

In the beginning



PROPHET EZEKIAH FRANCIS

The Bible starts flamboyantly with the opening words, "In the beginning, God created the heaven and the earth." The word used for 'God' in the original Hebrew denotes more than two persons. The Triune God is already mentioned here. God who created the heaven and the earth was not a single personality but three. In other words, in the beginning, the Father, Jesus, the Son and the Holy Spirit jointly created the heaven and the earth. Yes, indeed, the Holy Spirit exists from all eternity.

ETERNAL SPIRIT

The Holy Spirit is the God of gods, equal to the Father and the Son. He has no beginning and no end. He is the Alpha and the Omega. He is before all things, just as Jesus was. (Col.1: 16,17)

The Spirit of God existed even before the ancient days, for all eternity. We are like the grass that grew just yesterday when compared to Him. The entire universe is like mere smoke that is passing, in His eyes. Holy Spirit is the eternal God Who has the times in His hand.

We sing and praise Jesus, saying, "Thou art the beginning, and Thou art the end." We can sing of the Holy Spirit also in the same way.

GOD OF GODS

Many of us have our own images of the Holy Spirit. We worship the Father and the Son as God; but we fail to see the Holy Spirit as God; neither do some

worship Him. However, those who study the Bible will understand that the Holy Spirit is the creator of everything and that He is God. He has all the characteristics of God in Him. God is eternal. The Holy Spirit also is eternal. (Heb. 9: 14) We know that God is omniscient, omnipresent, creator etc. The Spirit of God also is omniscient. He searches all things, even the depths of God. (1Co.2: 10) He knows the innermost thoughts of men, too.

The Spirit of God is omnipresent. He fills the heaven, the earth and the entire universe with His presence. David realized this. So he sang, "Where can I go from Thy Spirit? Or where can I flee from Thy presence? If I ascend to heaven, Thou art there; if I make my bed in Sheol, behold, Thou art there." (Ps. 139: 7,8)

The Spirit of God is omnipotent. Nothing is impossible with Him. (Lk.: 1: 35-37) Just recapitulate for a moment, how Jesus wanted us to baptize. Is it not in the name of the Father, Son and the Holy Spirit? Does it not indicate that the Holy Spirit is equal to the Father and the Son, and hence God?

We worship the Father and the Son. Do we worship the Holy Spirit? We want to spend time and walk closely with the Father and the Son. Do we do that with the Holy Spirit? What is the reason for this aberration? Is it not because of the wrong picture we have about the Holy Spirit? Won't you

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change that picture right away and start worshipping the Holy Spirit as God?

CREATING SPIRIT

The first chapter in the Book of Genesis deals with creation. The role of each Person of the Trinity was specific. Father thought of that; the Lord Jesus brought them forth; and the Holy Spirit executed that. Someone said, 'Father thought it; Jesus brought it; Holy Spirit wrought it.' The three Persons of the Holy Trinity created the heaven and the earth together.

We have no doubt that the Father created everything. In the same way, we also know the truth that the Father created everything through His Son, Jesus. (Col. 1: 16,17) Even a child knows, " In the beginning was the Word, and the Word was with God and the Word was God. All things came into being by Him." (Jn. 1: 1-3; Rev. 19: 13)

However, many of us fail to understand that everything was created through the Holy Spirit. However, the Bible is very categorical about this truth. Job exclaimed, "By His breath the heavens are cleared; His hand has pierced the fleeing serpent." (Job 26: 13) The psalmist, David, made it clearer

when he said, "By the Word of the Lord the heavens were made, and by the breath of His mouth all their host." (Ps. 33: 6) And again, he said, "When you send Your Spirit, they are formed. You have changed the face of the earth." Well, can this be rendered more clearly?

God, the Father decorated the sky by His Spirit. By His breath, the starry host was created. (Breath and the Spirit refer to the same thing in Hebrew) God created everything by His Spirit, including the earth.

The Holy Spirit measures the seawater in the hollow of His hand. He marked off the heaven with the breadth of His hand. He holds the dust of the earth in a basket. He has weighed the mountains on the scale. Who can understand the mind of the Lord? No one can. (Isa. 30: 12, 13) Even today, He performs His creative miracles for those who praise and worship Him. Such creative miracles like forming of new eyes, new teeth and new limbs are taking place every day. We have, alas, limited the power of the Holy Spirit by our unbelief and sinful life. During these last days, however, God is going to do many creative



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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

BUS STOP

A Joyful 'toon by Mike Waters



For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves,
- COLOSSIANS 1:13 NIV

BREAD OF LIFE

A Joyful 'toon by Mike Waters



But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.
- 2 CORINTHIANS 2:14 NIV

miracles through His Spirit.

The Spirit of God who made the heaven and the earth, light and the darkness, the oceans, the vegetation and green plant, every living thing, the sun and moon and the countless stars has not lost His creative power.

He had created millions of frogs and locusts and other insects to subdue the Egyptians. He has not lost that power today. The Almighty who turned a staff into a serpent has not lost his Power. The hand of the Holy Spirit who multiplied a handful of flour and little oil to last a long time has not diminished.

Peter had spent a whole night without catching a single fish. However, the Holy Spirit filled his net with a rich haul of fish that his net almost burst at seams. That Holy Spirit has not changed today. He

who opened the eyes of the blind man is still alive. He is ready to manifest His creative power to the

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Rev. Benita Francis

Health

Your most important asset

DETOXIFY YOUR BRAIN

Dear family of God, how are you? Are you ready to detoxify your brain and your entire life? Are you ready to create a blessed life and future and a healthy body using God's eternal Word confirmed by modern cutting-edge brain science? Let us study...

Many times, we blame the devil for putting bad thoughts into our mind and it is true, he does shoot his fiery arrows at us all the time. That is no problem, however: you can easily extinguish all of these by taking your shield of faith (Eph.6:16)! And yet, if you have toxic strongholds, your own mind will shoot negative thoughts at you.

Your brain harbours the Amygdala, which works like a library where any thought is 'checked' against previous experience. If your experience is negative, you will be automatically negative against that issue. If you don't actively detoxify your brain, you will never be able to live a peaceful, positive life. Your negative expectations will always come to pass, as Job experienced (Job 3:25). Somehow, your negative expectations draw negative reactions from others toward you. YOU can change that by detoxifying your mind. Let us learn a few more strategies to achieve this goal.

Frame your world with your words

Now finally, modern brain science is finding out what God's Word is telling us for millenniums: **"Death and life are in the power of the tongue, and those who love it will eat its fruit"** (Pr.18:21). You will EAT from the fruit of your lips every day of your life (Pr.18:20; Isa.57:19). If the fruit of your lips is bad and rotten, you will get sicker and sicker every day. If the fruit of your lips is sweet, you will

be happy and healthy! Your lips were created to praise your Saviour and to give thanks to His Name (Heb.13:15)!

Do you know why it is so imperative to watch what you say? It is because your words feed back into your brain and literally frame your world! Whatever you speak about yourself goes into your ears again and tells you, "This is who you are". Then your brain goes to work and creates the substances needed to bring it to pass! Your emotions will strongly feel it, you will be convinced that what you heard yourself speak is true, and your entire body will start modifying itself toward what you spoke! Your behavior will change accordingly, and you will even attract toward you whatever you have spoken before! Have you ever wondered why some people always attract negative people and circumstances? It is because their words work like a spiritual cloak around them that attracts like-minded and like-spirited people (Ps.109:18f). Really, death and life are in the power of the tongue!!!

Parents, teachers or spiritual leaders have a very special authority and responsibility. Children's brains are even more vulnerable and pliable than our brains as adults. Words you speak over your children in their childhood set the stage for their behavior in adulthood! You also have great authority over the course of your own life: If YOU do not allow God's Word to depart from YOUR mouth, YOU will make your way prosperous, and YOU will have good success in everything you do (Jos.1:8)! Avoid idle words and profane babbling! They cause more damage than you could ever imagine (Mt.12:37; 1.Ti.6:20; 2.Ti.2:16)!

Always remember: You are today where your yesterday's words have taken you, and you will be tomorrow where your today's words take you! You CAN bridle your tongue by the power of the Holy Spirit and be a useful instrument in God's Hands (Jas.1:26)! Start framing your blessed world with your holy, anointed tongue today, in Jesus' Name!

Express your emotions

Expressing your emotions is very important for your mental, emotional and physical health. Emotions are alive, and you just can't bury something that is alive! It will pop up again and again, and generally in the most inappropriate moments. Maybe you have had some embarrassing experiences already...

Emotions are chemicals that rush throughout your entire body and change the very setup of your cells. You MUST allow them come out somehow, or they will cause depression, heart problems, behavior problems, immune system breakdown and many other dangerous annoyances.

Especially in the closely nit family setup of India, many people suppress their emotions in order not to hurt others or cause family problems. I have seen women who just "function" like robots and have totally suppressed all their emotions. After some time, however, this unnatural suppression of emotions emerges in forms of physical or mental diseases. Positive as well as negative emotions must be expressed, but without hurting others. It is always better to get rid of anger and grievances as soon as they occur and before they can settle in your mind and heart where they would fester and cause bitterness with all its horrors (Heb.12:15).

The Bible talks a lot about the prophets' emotions. They never felt shame to cry before others. The great champion Nehemiah's cry is recorded in the Bible. The great statesman Ezra, the powerful governor Joseph, they all expressed their emotions and God's emotions.

God Himself cried through Jeremiah and others (Jer.20:9). Jesus cried loudly over Jerusalem and even before Marta, Mary and the mourning Jews (Mt.23:37; Lk.13:34; Jn.11:35). He expressed strong emotions in prayer (Lk.22:44; Heb.5:7). He was not ashamed to express to His disciples His need of prayer support in His time of agony (Mt.26:38; Mk.14:34). Tears are also a way of sowing for a great harvest and will lead to great joy:

"Those who sow in tears shall reap in joy" (Ps.126:5).

God Himself desires the joy of His chosen ones and promises, "I will also clothe her priests with salvation, and her saints shall shout aloud for joy" (Ps.132:16). Ethan the Ezrahite says in Ps.89:15: "Blessed *are* the people who know the joyful sound! They walk, O LORD, in the light of Your countenance". Closeness to God and expression of joy are definitely interlinked! Have you not experienced the tremendous surge of joy and love in your heart when your child expresses joy? The same happens in the heart of God, too! Nothing makes Him happier than a joyful, thankful Christian who worships Him for all His blessings and goodness. You can bring joy to God's heart by expressing joy to Him today itself!

Expressing the joy of our salvation is the purpose of our creation in Christ (Eph.1:6,12,14; Ps.69:30). It is also an evangelistic tool, as King David says: "He has put a new song in my mouth Praise to our God; many will see *it* and fear, and will trust in the LORD" (Ps.40:3).

God Himself stirs up His zeal like a mighty man, He cries out and shouts aloud (Isa.42:13). He commands His prophet, "Cry aloud, spare not; lift up your voice like a trumpet; tell My people their transgression, and the house of Jacob their sins (Isa.58:1). That doesn't sound like containing emotions...

As we have learned before, negative thoughts create negative feelings and release tremendous amounts of dangerous chemicals into your entire body. You must therefore find a way to get rid of the thoughts as well as of the chemicals that are already floating throughout your entire system.

How can you release your emotions without creating a great uproar in your surroundings? Of course, the first and best way is always to pray and cast



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all your cares upon the One Who cares for you (Lk.12:26; Phil.4:6; 1.Pe.5:7). Just like the writers of the Psalms, you can pour out your heart and cry before your loving, understanding Heavenly Father. You can consciously forgive the offense in the power of the Holy Spirit. Sometimes, however, some physical action is needed to get rid of the dangerous stress hormones that build up in your body and cause disease.

I have heard of servants of God who have a punching ball in their home and practice some boxing to release their tensions. You might laugh at this idea but don't you think it is better to physically punch a ball than to mentally or verbally "punch" people around you ?! Others go out into the forest and scream out their frustrations. Brisk walk and physical activity release "happiness hormones" called endorphins and purify your system of all the dangerous, negative substances. Washing clothes or some heavy house cleaning could also be some "detoxifying" activities for house wives.

Never forget: Positive as well as negative emotions must be released without hurting others. The Holy Spirit will definitely give you wisdom and ideas how to accomplish that in your daily walk if you ask His help.

Dream on

Interestingly, sleeping and dreaming are also powerful brain detoxifiers! What an inventive and loving Creator! Just imagine! As you sleep, small cells called glia cells move through your brain. They are like little vacuum cleaners. Whenever you didn't seriously and consciously receive information into your brain by asking yourself questions and giving yourself answers about the subject, the little "branches" were not correctly attached to the "trees of memory" in your brain. That means, the memory is not stable and cannot be accessed correctly. During the night, these little glia cells cut off these "branches" and throw them into a "dust bin", comparable to your computer hard drive. The information is still somewhere since nothing that entered your brain can ever be erased, but it is not accessible for your conscious mind.

Sleeping and dreaming also feeds the fatty sheaths around your nerves and cleanses the structure of your memories. This protects you from forming toxic thoughts throughout the day. Wow, what a wonderful God!!!

Dreaming is actually a very interesting spiritual subject. The Holy Spirit speaks to you in your dreams, and your unconscious mind can reveal many secrets for further spiritual dealing through prayer and Word study. During the night, your brain sorts out the information that entered it during the day. It tries to find solutions to problems and even expresses emotions through dreams. Many times, unconscious information stored in your brain enters consciousness during the sleep and is expressed in dreams.

Journaling your dreams can help you very much in your effort of detoxifying your brain. You can check your progress in keeping your thought life pure by analyzing your dreams. Chaotic dreams show that you have a chaotic thought life, and that your mind has not had the opportunity to sort it out correctly. Definitely, your dreams are indicators of what you were thinking during the day.

Science tells us that the thoughts you think in the last 3-5 minutes before falling asleep and the thoughts you think in the first 3-5 minutes after waking up "make or break your night" and "make or break your day". If you ponder God's Word and think thoughts of gratitude, peace and love, your sleep will be relaxing and refreshing, and your day will be peaceful and effective. The opposite is also true! If you allow your eyes to watch or your mind to create horror scenarios before falling asleep, your brain will have much detoxifying work to do during the night, and your sleep will be much less pleasant and refreshing.

So once again, as always, science confirms that the best medicine is found in the wise counsel of God's eternal Word. King David testifies: "I have set the LORD always before me; because *He is* at my right hand I shall not be moved" (Ps.16:8). To ensure a healthy sleep, follow King David's example and experience perfect peace: "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You" (Isa.26:3). Your emotions will not be moved! Your sleep will be sweet! Your brain will reward you with much improved capacity and intelligence!

Good night...

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Prayer Zone

Our prayer concerns

1. Pray for our meetings in the coming months
2. Pray for our Building project in Poondi.
Before our meetings the structures have to be completed.
3. For Prophet Ezekiah & his family's health and protection.
4. For our Prayer Tower in Chennai and for The Administration
5. For our web shop and internet initiatives
6. For reprinting our books

The effectual fervent prayer of a righteous man avails much. James 5:16

News

- Maoists demand police firing to stop
- Allow Rajdhani to go, I'm ready for talks: Mamata
- India fomenting terror in Pakistan says Pakistani senator
- Avoid Pakistan, Indian government tells pilgrims
- 5 British soldiers killed in south Afghanistan
- India, Japan renew commitment to develop defense action plan
- Thirunavukkarasar joins Congress.
- Wage hike for T.N.E.B. Employees
- Swine flu spreading fast in Rajasthan
- Heavy rain and land slips claimed 13 lives in various parts of the Nilgiris district.
- 1,000 students come with 700 exhibits at science exhibition
- Dravid has played for Karnataka with almost three generations

? Did you Know?

Canola is a genetically engineered plant developed in Canada from the Rapeseed Plant, which is part of the mustard family of plants. Canola is not the name of a natural plant but a made-up word, from the words "Canada" and "oil".

Canola oil diet was found to have health benefits on heart tissues, on lowering blood pressure, on controlling cholesterol and on lowering the risk of cell mutation.

It has been shown to cause lung cancer. Some typical and possible side effects include loss of vision, disruption of the central nervous system, respiratory illness, anemia, constipation, increased incidence of heart disease and cancer, low birth weights in infants and irritability (Wall Street Journal: 6/7/95).



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