

# Be in Health<sup>®</sup>

## NEWSLETTER

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### Our Family Speaks a New Language

**M**y family's time at Be in Health<sup>®</sup> brought many good changes to our family, but here's a little background on our family first.

My husband will turn 70 years old this year and I am 62. We have been foster parents for almost 20 years and several years ago we adopted a sibling group of four - three boys and a girl. They are now ages 6, 7, 8, and 12. They all have the same mother, but three different fathers. At the beginning of 2016, God answered our prayers and provided us with some money unexpectedly. We used it to pay our way to Be in Health<sup>®</sup>.

As our children have aged, many issues have come up. We chose to attend both weeks, and since I had already attended For My Life<sup>®</sup> twice before, I decided to volunteer in For My Life Kids<sup>®</sup> so I could learn how to teach and minister to children.

I don't know what I was expecting, but it was more than I could have hoped for. The first day in For My Life Kids<sup>®</sup> there was a class on Godly Order. It made a huge impression on me because I realized our house wasn't in order, and I saw how some of the things we were dealing with were a result of that. I spent time praying and thinking about this and I asked God to deal with my heart and to confirm it to my husband who was taking For My Life<sup>®</sup>. Well, things began to change right away. My kids were kinder to each other. One day as my 7-year-old was arguing with me, he just stopped and said, "Mom, that is the devil and I don't mean it."

At Friday night church the first week, there was a boy from the Youth Program, who had been



*Greg, Bonnie, Mario, Isaac, Sean and Rayana*

adopted, that gave a testimony about forgiving his birth parents. On the way home, I could tell that my son, who also attended For My Life Youth<sup>®</sup>, was greatly affected. He was holding back tears all the way back to camp and he wouldn't talk. After the younger kids went to bed he started crying. He told me he had never forgiven his birth parents and he actually hated them. My husband and I spent some time talking with him about the things we had learned that week. I said to him, when the Holy Spirit touches our heart it's time to bring those things to God and forgive.

Finally, he prayed to forgive them. Since that time there has been a real joy in him that wasn't there before. He lets me pray for him at night whereas before he wouldn't. He says it's because he had a bad attitude before and now he doesn't. He also hugs me every day, says he loves me, thanks me for

adopting him and says, I don't know where I would be if you hadn't. We have had a lot of ups and downs with this child over the years, so this is huge. The second week he had such a great time and made so many friends; he knew he was different. He wanted us to stay and live there.

Our little girl, who is 8, has been tormented with fear of almost everything. I was surprised to see her participate in class by raising her hand and answering questions. One night during our stay, she even braved a storm under the tent. She seemed almost fearless and continues to be so at home.

As for me, I realized that my husband and I had become just partners in our relationship. Being foster parents, you find all your energy goes into the kids; you become survivors and you help them survive also. In the classes, they taught how God wants us to thrive, not just survive. Those words were just for me; how do you do more than just survive with four adopted kids when you are in your sixties and seventies? We won't have a lot of years together after the kids leave the house, but we were just surviving until then and I knew it. The children are our mission and ministry, but what about us? I missed "us". I wasn't feeling special anymore, like you do when you have someone pursuing you. My husband and my relationship wasn't priority anymore.

I think you have to harden yourself somehow to deal with kids who have so many spiritual issues coming out of their birth families, all the while dealing with your own issues at the same time. I am not a quitter and I was hanging on and looking for hope. I knew God had the answers, but I wasn't sure I could hear Him over the noise made by four challenging kids. As I took the classes that week my heart began to soften.

Then one day at Be in Health® something happened. Even now as I think about it, it still brings me to tears. My husband offered to help me fasten my necklace that I was struggling with – it was such a little thing, but his closeness brought me to tears. I don't know if others can understand what I felt and I'm not even sure how to put it into words, but that moment broke down barriers in my heart. We want Godly order in our home and I want to be the wife I need to be... My hope began to be restored that day and I believe God for the very best to come.

It has been about a month since we left Be in



### *Enjoying Summertime*

Health® and I see things are changing in our home.

Recently our 7-year-old had disobeyed and went down to the river and had fallen in. We grounded him to the yard, where he then threatened to run away. We brought him into the house kicking and screaming, as he yelled that I am a bad mom. I found myself wanting to scream at him and defend myself, but then what we learned at Be in Health® came to mind. It was a game changer! He stopped and could see that he had disobeyed – he took responsibility and repented and we all prayed together. He then served his discipline by staying in the yard to play. The problem was quickly over and there was peace in our home again.

We spent two weeks learning another language and we use it every day. I am finding discipline and correction so much easier because I know the goal and so do they. I'm not exhausted anymore asking, "Do you understand me?". It isn't just a matter of punishment; instead, our goal is to restore the one that has been separated from us because of bad choices.

Using the same words and having everyone understand the meaning of those words, as well as the spiritual consequences, has brought all of us much closer. We all help each other recognize and take our thoughts captive like the Word says – the kids even help us adults because they want peace in our home also. We all speak the same language and it is amazing. - Bonnie S., IN



# Does Your Family Need Hope and Health?



**Plan to come to our Family Programs – Summer Only**

**For My Life® Adult, Youth, Kids**

**June 4-9**

**July 9-14**

**August 6-11**

**Walkout Workshop® Adult, Youth, Kids**

**June 11-16**

**July 16-21**

**August 13-18**

**Attend both For My Life® and Walkout Workshop® like Bonnie's family did.**



**Believe For Change**

*Be in Health® helps us understand the connection between our broken relationships and disease. We work with people to strengthen their relationships with God, self, and others which produces hope and health.*

*Be in Health® is a ministry outreach of Hope of the Generations Church.*

# BAD ATTITUDES VS. BEATITUDES

Dr. Henry W. Wright

If you have ears to hear, we're going to discuss how to do this God's way. Let me just tell you this word from the Sermon on the Mount in Matthew 5.

Blessed are the merciful; for they shall obtain mercy. **Matthew 5:7**

You cannot ask God to bless you if you are not prepared to bless others. You cannot habitually practice sin as a believer and receive God's blessings. It's not flying—it does not work. You haven't recognized how much it hasn't been flying, but as a pastor I have the wonderful opportunity to work with you in the sheepfold. I want you well because I don't want a sick flock any more than God does. You're the Body of Christ and Christ is not sick. Christ is not confused.

Do you want the mind of Christ? Well, Church, it's time to rethink your theologies, because they are not really theologies. They are doctrines of devils designed to put you in bondage and then accuse God over it. No more. Enough is enough.

They tell me the ostrich will stick his head in the sand when he is startled or afraid – he figures if he can't see you, then you can't see him. But the biggest part of him, his body, is sticking straight up in the air. "Out of sight; out of mind" is not a spiritual principle. Every problem you have is a fantastic opportunity to establish the kingdom of God in the earth! I learned something about problems: when you have a problem, you have a choice to have a bad attitude or beatitude.

I have learned it's a lot easier to solve problems with beatitudes than with bad attitudes. Whether you have a bad attitude or beatitude, you have to walk through the problem anyways. You might as well keep your peace; keep your cool, so you can hear God better. If you do so, your cardiovascular system will thrive, you'll have sanity in your mind, peace will be there, and God will work with you.

God is not going to share His knowledge with people who won't be responsible with it. I've asked God to teach me how to take care of His flock. He's still teaching me. If I ever grow up in this thing, one day I'm going to be incredibly dangerous. How about you? You can't sit under teachings like this and be the same again as a believer, unless you just

have a bad attitude. God has not called you to bad attitudes. He has called you to beatitudes.

If you go into a problem with bad attitudes, God will not help you a bit, but the devil sure will. You're still going to have to solve the problem, even if the devil is influencing you. You'll just be miserable in the process. Our issues of life are fantastic opportunities to overcome!

You say, "I'm so tired of being a believer."

Quit your moaning and groaning. Go do something! Then somebody else will say, "Well, I never had these problems until I got saved. I was doing pretty well until I became a Christian and then all hell broke loose." You know what I say to that? You have tunnel vision. The stuff that was in you that surfaced when you became born again is the same stuff that would eventually surface in you if continued as an unbeliever. God looked down and said, "Yep! I'm going after him quickly so I can help him." On the flip side, you would have no help and no hope and you would be dead in your trespasses and sins. What you didn't know is that God had come and gotten involved with your life, because the word says:

"No man can come to me, except the Father, which hath sent me, draw him..." **John 6:44a**

Did you realize your salvation wasn't fully your decision? It was God's decision from the foundation of the world – you just responded to it. You joined God in His faith for you. That's all you have done. ...

I get up every morning and I'm ready to go. How about you? You don't have to drag my carcass out of bed. From the foundation of the world I was born ready for such a time as this. Have we been created and redeemed?

You say, "Well, I'm having such a rough day." Sure beats hell doesn't it?

"Well, I'm having a hell of a day."  
Not me, I'm having a heaven of a day. Thank you very much!

Understanding what we think and say and re-evaluating them puts our lives into perspective.

# Overcomers' COMMUNITY™

I am a 55 year old female who joined Overcomers' Community to learn more about spiritual connections to health and disease. Earlier this year the PTSD teaching was posted, and as I watched it I realized that I fit the profile as someone that could have PTSD because of my upbringing. At the end of the conference when Dr. Wright prayed for a miracle for the amygdala to shrink to normal size, I felt warmth in my head in that area... I was certain the Lord healed me.

I thought physical reactions like heart palpitations were normal and everyone had this same reaction to abuse. I had been to doctors and had many tests, but the results were inconclusive for a diagnosis or a cause for the heart palpitations. Since my amygdala has been healed, I have not had any heart palpitations! I did not know that life could be so calm and peaceful! Praise the Lord!

Thankful in Colorado! - L.G.

## DISEASE PREVENTION

### *Specialty Conference*

Begins Airing February 1

Do we have to experience the same diseases that are in our family tree? This teaching lays out how to overcome and prevent disease - even those that may be hereditary!

## SAFE PLACE TO OVERCOME

Here you will have a community of believers walking alongside you, spurring you on with encouragement and fresh testimonies. Plus, you'll have access to our weekly church services, Specialty Conference videos, and For My Life® teachings. **Invaluable content at your fingertips!**

Join Today. \$24.99/mo.

[www.beinhealth.com/oc](http://www.beinhealth.com/oc)

# PRAYER *that* MAKES *a* DIFFERENCE

## AVAILABLE FEB 6<sup>TH</sup> 5-Disc set and MP3

Learn what can hinder our prayers and how to enter into the High and Holy place where our Father is.

In this teaching, Dr. Henry Wright draws on his experience and understanding of the Bible to simplify an often misunderstood aspect of relationship with God called prayer.

## Your prayers can make a difference!

This teaching will help you pray effectively for yourself, your family, our leaders, Jerusalem, and the world.

## Watch your life and your world change!

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