

Christian HealthCare

NEWSLETTER

MEMBER LETTER:

It really was better than Christmas

A couple weeks before Christmas last year, I spent 24 hours in the hospital for cardiac arrest, and my bills totaled nearly \$20,000, even after we worked to get a 25 percent discount.

Throughout the month of January my husband and I watched with joy as encouraging notes came in with the Shares. First a trickle, then an avalanche, as our mailbox was full every day. It was better than Christmas!

Praise be to our Heavenly Father for His abundant love and provision. We were able to pay off all our bills with no problem. It reminds us of Daniel 3:29: "There is no other god who can deliver like this!"

*Patrick & Lineta
Idaho*

An Advent meditation: The light is life

by Peter Leithart

*"In the Word was life,
and the life was the light
of men. And the light
shines in the darkness."*

— John 1:4

Thus John describes the incarnation of the Son. He comes as the living and life-giving light of the world.

That's good news. In the beginning, God spoke and light shone into the darkness, and unending light is the image of eternal life in the book of Revelation. Between these endpoints, Jesus is the dawn of a new day, the beginning of new life for the world.

Still: Light is also threatening.

Because light dispels darkness, it exposes us who are covered in darkness. And when we are exposed, we are ashamed.

Throughout the Old Testament, the God who is light dwelt in Israel, but His light was hidden away behind tent curtains. God's light was set on a lampstand, but it was hidden under a bushel.

With the incarnation, the hidden God of Light comes out of hiding, and the proud and the self-protective scuttle for cover. Once upon a time, God winked at ignorance and sin.* No longer. The new covenant doesn't soften the demand for repentance but intensifies it.

The first advent is in Genesis 3, when

Yahweh comes in the Spirit of the day calling for Adam and confronting his sin. Since then, every time the Lord of light comes, it means exposure, shame, judgment. Every time the light comes, we are tempted to reach for the fig leaves.

During this Advent season, resist that temptation. Don't blame others for your sins. Don't try to cover up your sins. Don't turn from the light but towards it. Ask God to shine the light of Jesus into your darkness to overcome the darkness. Because the light is life, even when it feels like death. ♦

Samaritan member Peter Leithart is President of the Theopolis Institute (theopolisinstitute.com), a Christian study center and leadership training institute in Birmingham, Alabama.

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* See Acts 17:29-31, KJV.

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Sharing Summary from November

Shares:	\$28,187,516	Personalized prayer requests of the members with Needs are in the Prayer Guide. Please use your version of the Prayer Guide to support the members assigned to you.
Needs:	\$28,268,716	
Unshared Needs in Negotiation:	\$ —	
New Needs:	4,150	
Total Needs:	9,672	
New Rewards:	461	Member Households: 80,405 (as of 10/23/18)
Miscarriages:	31	
Final Rewards:	13	

Contact Us: 877-764-2426 Dash.SamaritanMinistries.org

Questions about?

Your medical need

Shares you are sending or receiving

Your membership

Email

needs@samaritanministries.org

membership@samaritanministries.org

membership@samaritanministries.org

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Health Resources

Have a Need? Use the Health Resources app on Dash.

- Compare quality and cost of health care services in your area using Healthcare Bluebook.
- Use Medibid to receive bids from doctors for tests or treatments you are seeking.
- Email a medical professional or call a nurse (free), or call a doctor who can write a prescription (\$25).
- Access discount tools for prescriptions and lab tests.

Remember:



1 SEND A NOTE—

Burdens can be lightened emotionally as we encourage one another in the Lord.



2 PAY YOUR SHARE—

Burdens can be lightened physically as we do our part to financially meet others' needs as they would in our time of need.



3 ALWAYS STAY ALERT IN PRAYER—

Burdens can be lightened spiritually as we unite to call upon the God of the impossible.

Dr. Eric Zielinski
Living the Abundant Life

by Kathryn Nielson



Editor's Note: It's important to realize that essential oils may only be shared when prescribed by a licensed provider to treat a medical condition, and only in limited amounts. See Guidelines VIII.B for details.

Dr. Eric Zielinski may be one of the reasons that essential oil usage is soaring.

In 2016, \$5.91 billion was spent on essential oils around the world, but that amount is expected to reach \$12.85 billion by 2023, according to Statistics MRC.¹

Essential oils have taken off through multilevel marketing, but “Dr. Z” doesn’t market or endorse any brand. Instead he became the go-to “essential oil guy” by providing quality educational materials that use an evidence based approach. His website now draws more than half a million visitors each month, and his most recent book, *The Healing Power of Essential Oils*, is an Amazon best-seller.

But it wasn’t always that way.

Eric’s spiritual rags-to-riches story started in early childhood. He always seemed to be battling some type

of sickness or infection. At age 5, he developed a chronic stammering condition, which triggered even more self-consciousness and led to social anxiety. Those conditions were exacerbated by chronic pain, fatigue, gut issues, cystic acne, and depression, finally leading to suicidal thoughts. He self-medicated by using nicotine, alcohol, and narcotics. At 22, he was on the brink of an emotional and physical breakdown.

It was about then, on a business trip in 2003, that Eric met a man named Enoch, who shared the Gospel with him. This wasn’t new information to him. He had grown up attending church, but his experience was more about religious tradition than spiritual depth. However, the Christian faith as explained by Enoch was different.

“I believe God literally heard me cry out to Him,” Eric says, “An ‘I was blind, now I see’ moment. In an instant, all my addictions—gone. Anxiety, depression, addiction—all gone.”

Enoch also taught Eric that his

body was the temple of the Holy Spirit and that he needed to take care of it as a spiritual act of worship. Eric took it to heart. Though God delivered Eric instantly from his addictions and mental pain, his health came back more gradually as he was inspired to learn about nutri-

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Top 10 most powerful essential oils

Excerpt from *Using God's Medicine for the Abundant Life: An Evidence-Based Approach to Essential Oils*
by member Dr. Eric Zielinski

1. Clove (*Eugenia caryophyllata*)

Clove essential oil is commonly used as an antiseptic for oral infections and to kill a wide spectrum of microbes to keep disease at bay. To evaluate the effectiveness clove has as an antimicrobial agent, researchers from the University of Buenos Aires, Argentina, took a look at which bacteria are most sensitive to clove's potency. According to their study, clove has the greatest anti-microbial ability over *E. coli* and also exerted considerable control over *Staph aureus* and *Pseudomonas aeruginosa*, two bacteria that oftentimes lead to pneumonia and skin infections.¹

2. Eucalyptus (*Eucalyptus globulus*)

Used copiously by the Aborigines for most maladies in their villages, eucalyptus is a potent antibacterial, antispasmodic, and antiviral agent. Like clove essential oil, eucalyptus has a profound effect over *Staph aureus* infections. Quite amazingly, recent research from VIT University in India showed (real-time) that when *Staph aureus* comes into contact with eucalyptus oil, the deadly bacterial completely lost viability within just 15 minutes of interaction!²

3. Frankincense (*Boswellia carteri*)

Overshadowed the past several hundred years by its role in the "Christmas Story," frankincense is finally getting the attention it deserves as one of the most viable healing agents on the planet. The journal *Oncology Letters* published an article late last year that highlights the ability of this Biblical tree to kill cancer cells; specifically the

MCF-7 and HS-1 cell lines, which cause breast and other tumors.³ The essential oil has also been used with much success to treat issues related to digestion, the immune system, oral health, respiratory concerns and stress/anxiety.

4. Lavender (*Lavandula angustifolia*)

Well-known for its soothing, calming properties, lavender is wonderful for accelerating healing time for burns, cuts, stings, and other wounds. It is jam-packed with antioxidant power, which is why researchers from Tunisia evaluated its ability to treat diabetes and oxidative stress in rats. Published in the journal *Lipids in Health and Disease*, the article tells us that lavender essential oils "significantly protected against the increase of blood glucose as well as the decrease of antioxidant enzyme activities." Ultimately, scientists discovered that lavender essential oil treatment helped induce a decrease in oxidative stress, which is known to cause heart disease and a slew of other health concerns, as well as increase antioxidant enzyme activities.⁴

Can this be the new diabetes and heart disease treatment? Maybe, maybe not. Either way, it'll be fun to watch the research come out!

5. Lemon (*Citrus limon*)

Various citrus essential oils are widely used to stimulate lymph drainage, to rejuvenate sluggish, dull skin and as a bug repellent. Lemon oil stands out, however, as research has recently discovered that it carries useful anti-microbial and anti-inflammatory properties.⁵ Lemon, along with a

number of other widely used oils, is now being praised for its ability to combat food-borne pathogens!⁶

6. Oregano (*Origanum vulgare*)

Several research studies have demonstrated the improving effect on performance, changes in blood count, antibacterial, antifungal and immunomodulating abilities of oregano oil. It's actually quite amazing—the health benefits of oregano seem limitless. To give you a sample of its wide-spread potency, WebMD reports:

Oregano is used for respiratory tract disorders such as coughs, asthma, croup, and bronchitis. It is also used for gastrointestinal (GI) disorders such as heartburn and bloating. Other uses include treating menstrual cramps, rheumatoid arthritis, urinary tract disorders including urinary tract infections (UTIs), headaches, and heart conditions. The oil of oregano is taken by mouth for intestinal parasites, allergies, sinus pain, arthritis, cold and flu, swine flu, earaches, and fatigue. It is applied to the skin for skin conditions including acne, athlete's foot, oily skin, dandruff, cancer sores, warts, ringworm, rosacea, and psoriasis; as well as for insect and spider bites, gum disease, toothaches, muscle pain, and varicose veins. Oregano oil is also used topically as an insect repellent.⁷

7. Peppermint (*Mentha piperita*)

Pleasantly suitable for an abundance of oral and topical uses, peppermint may be the most versatile

essential oil in the world. Literally, there are few issues that it can't help. Possibly the most fascinating aspect of peppermint is that recent research suggests that it is literally antibiotic resistant. According to an article published in the journal *Phytomedicine* in 2013, "Reduced usage of antibiotics could be employed as a treatment strategy to decrease the adverse effects and possibly to reverse the beta-lactam antibiotic resistance," due to the powerful effects of peppermint oil.⁸ This is absolutely groundbreaking because antibiotic-resistant bacteria have been a major cause of concern for many Americans who are simply ruining their health by taking too many of these dangerous drugs. Can you imagine a world where your doctor prescribes peppermint essential oil for the common cold and flu instead of antibiotics? We can! And we hope that more research like this reaches mainstream media to get the word out!

8. Rosemary (*Rosmarinus officinalis*) One amazing healing effect of rosemary many people are unaware of is its ability to normalize blood pressure. Used for centuries to improve everything from memory and brain function to relieving common aches and pains, rosemary even has a history of stimulating hair growth. But most people don't think of rosemary mimicking their blood pressure pills! In one of the few human studies evaluating this phenomenon, researchers from the Universidad Complutense de Madrid took 32 hypotensive patients and measured how their dangerously low blood pressure fared under rosemary essential oil treatments for 72 weeks. The results? Simply astounding! In addition to observing that rosemary could raise blood pressure to normal

limits in a vast majority of the volunteers, it was discovered that overall mental and physical quality of life was drastically improved, which highlights the far-reaching healing effects that this ancient oil has on health and wellness.⁹

9. Sandalwood (*Santalum album*)

Oftentimes used to soothe and heal sore throats, sandalwood is a gentle bactericide that is more potent than most give it credit for. According to research published last year, sandalwood essential oil also has an uncanny ability to inhibit both tyrosinase and cholinesterase, which affects several physiological processes from melanin production to proper nervous system function. The results were so significant that scientists concluded that "There is a great potential of this essential oil for use in the treatment of Alzheimer's disease."¹⁰

10. Tea Tree (*Melaleuca alternifolia*)

Last, but certainly not least, tea tree is a wound healer with a rich history of use as a local antiseptic for burns and cuts as well to treat a wide spectrum of bacterial and fungal infections (including athlete's foot and jock itch). Known in the science community as "volatile" because of its sheer power in killing microbes, a study was actually conducted to determine whether it could damage your DNA. Don't worry, thousands of years of use wasn't done in vain. According to the study published in *The Journal of Ethnopharmacology*, researchers finally put this criticism to rest last year by proving that tea tree oil is not toxic and is completely safe for use.¹¹

The way I see it, if an essential oil is so powerful that scientists need to test if it can cause damage to your genes, it has got to be doing some-

thing that is turning heads! And it's not just tea tree oil. All of these oils are super-healers and should be in medicine cabinets all over the world.

Because they are so potent, you must also dilute essential oils in one way or another. The following are some common ways to use them appropriately:

Baths: 10 drops mixed with 1 cup of salt makes a fantastic aromatherapy for circulatory, muscular, respiratory, skin, and sleep problems in addition to calming your nerves. Generally, it is advisable to avoid potent oils that could irritate the skin such as lemon, oregano or tea tree; instead, use soothing oils like eucalyptus, lavender, and sandalwood.

Compresses: 5 drops per 4 oz. of water. Soak cloth and apply for bruises, infections, aches and pains.

Inhalations: 5 drops in diffuser or hot water for sinus or headache relief.

Salves: A 2.5 percent dilution is recommended, which is 10 drops per ounce of oil, for relaxation and to alleviate joint/muscle soreness. ♦

For more resources from Samaritan member Dr. Eric Zielinski, visit drcericz.com.

1. ncbi.nlm.nih.gov/pubmed/24031950
2. ncbi.nlm.nih.gov/pubmed/24262758
3. doi.org/10.3892/ol.2013.1520
4. ncbi.nlm.nih.gov/pubmed/24373672
5. ncbi.nlm.nih.gov/pubmed/24066512
6. ncbi.nlm.nih.gov/pubmed/26072990
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8. ncbi.nlm.nih.gov/pubmed/23537749
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10. ncbi.nlm.nih.gov/pubmed/23513742
11. doi.org/10.1016/j.jep.2013.11.045

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This article is for educational purposes only and not meant as medical advice.

A Biblical view of trials

by member Cliff McManis, Pastor of Grace Bible Fellowship of Silicon Valley

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

1 Corinthians 10:13

The Christian life entails a continuous stream of daily trials. That is reality. One wise pastor put it this way: “As a Christian, you are either entering into a trial, in the midst of a trial, or coming out of a trial.” Life is full of trials—trials that hurt, that are painful and make us tired and weary.

This harsh reality should not come as a surprise to the Christian, for the Bible is honest about life in this world. Take the book of Job, for example. Although Job was written almost 4,000 years ago, the truth found in this book of Scripture is still relevant to us today. Here’s what God says through His Spirit in Job 5:6 and 7:

For affliction does not come from the dust, neither does trouble sprout from the ground, for man is born for trouble, as sparks fly upward.

The word “affliction” here refers to all the problems of this life: relational difficulties, trials, hardships, painful experiences—suffering of all kinds. Verse 7 says that, “man (i.e., humanity; all of us in a cursed world) is born for trouble.” This statement means that trouble will be second nature to being a human in this life... there’s no escaping it.

“Humanity is born for trouble, as sparks fly upward.” This is a truism; a proverbial maxim that is universally binding wherever you are and universally true all throughout history. Nothing changes. Life is hard—trials are the lot of humanity. Believing in the Bible is not about believing in some “pie in the sky” easy life like some would have us believe; like those who say that if you become a Christian your life will be rosy and you’ll never have any problems. That is not the teaching of Scripture. Just the opposite is true. Life is hard. It is already filled with trials, and many times when you come to Christ life only becomes more difficult in different ways. Jesus taught this very thing when He said to His disciples, “In the world you have tribulation” (John 16:33). The Apostle Paul promised the same: “Indeed, all who desire to live godly in Christ Jesus will be persecuted” (2 Timothy 3:12). The good news is that, despite the unavoidable trials and hardships of life, God gives His children an amazing promise of rescue in 1 Corinthians 10:13, our main text for this book.

Paul’s view of trials

So with that reality—the sobering reminder from Job—let’s go to 1 Corinthians 10, where we are catapulted now 2,000 years later and Job’s truth is still relevant for the Corinthians. The Corinthian believers and their church, with all of their troubles, problems, struggles and trials—were experiencing what Job said was true for all people at all times.

Paul wrote his epistle to the Corinthians to straighten out several

areas of their lives. They had a lot of trials, a lot of sin, a lot of compromise, and a lot of bad attitudes. They were arrogant (4:18), prideful (3:3), judgmental (4:3), worldly (3:1), and divisive (1:10). Were the Corinthians true Christians? Yes. Paul clearly commends them for believing in the Gospel (1:2-7). Not all of these believers expressed these sins to the same degree, and there were probably some very blessed Corinthians in that congregation who were a sweet savor and a beautiful influence to the rest of the church. But the dominant voice that was echoing and reverberating and causing all the commotion, even though it may have been a minority, came from professing believers with some wrong attitudes, wrong theology, and very sinful behavior. That’s why Paul writes 1 Corinthians—all 16 chapters. Every chapter is laced with a rebuke to reign in their sin.

In chapter 10, Paul continues to rebuke and warn the Corinthian Christians. He has been hammering away, relentlessly, chapter after chapter, paragraph after paragraph, truth after truth, rebuking them in love. He’ll say a pastoral comment or verse, call them “brothers”; he’ll give an occasional word of encouragement, and then go back to exhorting them relentlessly where they need it. And then he comes back and lets them know that he cares for them personally. In 1 Corinthians 10:1-12, Paul gave them an extended warning and rebuke in the areas of practical living. But in 10:13 he makes a significant transition in tone and gives them some hope and encouragement to balance his verbal reprimand.

mand. He is careful not to exasperate them needlessly. He is skillfully tempered; he speaks to them with pastoral balance. And he gives one of the most amazing promises of Scripture in verse 13.

But before we get to verse 13 in chapter 10, we need to back up a bit and look at what Paul has said a few chapters earlier.

The context of 1 Corinthians 10:13

First we must note that chapters 8, 9, and 10 go together. Paul is dealing with one main theme in these three chapters. And he was talking to some Corinthians in the congregation who were a little proud and judgmental and who thought they knew it all. They were also looking down their noses at other Christians in the congregation who didn't know as much as they did. These strong, self-confident Christians were parading their so-called "Christian liberties" without deference to others. They were flaunting their liberties in gray areas, or even non-gray areas, in a way that was arrogant.

But the main problem was that they weren't living according to the truth we read in Philippians 2 where Paul tells us to consider others more important than ourselves (see Philippians 2:1-11). These Corinthians were only thinking of themselves. They didn't care. Their attitude was: "I have this right, I have this liberty, and I'm going to exercise it." And they were oblivious to the damaging effect their careless conduct was having on their fellow believers.

A matter of the heart

The main issue Paul is addressing here is attitude. And he is also addressing how believers should think about the Christian life. Paul's answer in chapter 8 is simple: Don't be arrogant! Spiritual knowledge

needs to be rooted in love. Don't exercise liberties to the detriment of other Christians around you. You might even need to refrain occasionally from using your liberty, because there may be times when the exercise of your liberty will cause other Christians to stumble and sin. So, be careful of how you exercise your liberties because of how it might affect other believers. That's the emphasis in chapters 8 and 9.

Then, in chapter 10, Paul makes a little bit of a transition in his point of emphasis. Now he commands believers to be careful about how they exercise liberties so as not to detrimentally affect themselves (10:1-12). By way of example, Paul instructed the Corinthians to consider the saints of old, particularly the 2 million Jews in the days of Moses as they went through the wilderness for 40 years (c. 1400 B.C.). Like the Corinthians, the Israelites at the time of the Exodus lost perspective when it came to exercising their rights and their liberties as believers. Despite being fresh out of cruel slavery in Egypt, they quickly adopted arrogant attitudes, and they were self-sufficient. They often disregarded the spiritual leadership of God's faithful servants, Moses and Aaron, even threatening during a revolt to stone them to death (Numbers 14:2, 10). They compromised with the world, and they got ensnared in gross sin—the sins of idolatry (Exodus 32), sexual immorality (Numbers 25) and complaining (Numbers 11; 16). To chasten them God actually wiped out thousands of Israelites through the punishment of physical death, so that their bodies were strewn all over the desert over the course of 40 years (Numbers 14:26-35).

"Corinthians," Paul exhorts, "take heed and be warned because that can happen to you." And then

Paul gives five imperatives in 1 Corinthians 10: (1) Don't complain like the Jews of old; (2) don't get involved in idolatry; (3) don't toy with immorality; (4) don't test the Lord or be presumptuous toward His grace. So Paul is coming down hard on these Christians, and the crescendo is verse 12, where he says, (5) "Therefore, let him who thinks he stands take heed that he does not fall." In other words, he is saying, "Fellow believers—you are arrogant; you are on the precipice of your huge pride, and you're about to fall into the pit and possibly undergo the chastening of Almighty God in a very disturbing, severe manner—the judgment of God's chastening towards the believer, which could include physical death."

This is a tremendous warning that we need to hear and heed today as well. We are no better or different than the Corinthian Christians in some respects. As a professing Christian you can't continually engage in sinful behavior and think you're going to get away with it by saying, "Well, Jesus died on the cross and He forgives me of all of my sins past, present and future, and there are no consequences to be concerned with." Yes, God does forgive the believer. But no sin is committed without a consequence, for God's glory is at stake and your good is at stake. So, after an extended and sobering rebuke that lasted several chapters, Paul gives verse 13 to encourage them. Because at the end of verse 12 they may have wanted to say something like,

Okay I give up, Paul. Do you realize what kind of culture we live in here in Corinth? It's in the gutter. You're telling us we can't be even close to immorality or idolatry. It's

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Member Assistance Thank You Letters

This month's letters are all from members blessed by Member Assistance giving. If you'd like to contribute online, you can give via Secure-Q at SamaritanMinistries.org/donate.

Every month we share more than \$27 million in medical Needs. However, every month \$1 million in bills don't qualify for sharing, and are still financial burdens for members. If each household gave just \$30, we would lift all these burdens!

When our five-year-old daughter began experiencing hearing loss, we were so anxious about the big financial need for the hearing aids. Hearing is so important for her development and overall life experience. The hearing aids have already improved her learning ability in the classroom and her day-to-day participation in conversations. Also her safety while playing outside.

We have received great emotional and spiritual encouragement through notes from members, including a retired speech and language therapist, members who have never given to Member Assistance before, and families that attend the same school as our daughter!

Bloomington, Illinois

I came home from work one day and saw an envelope from someone I did not recognize. I just wondered, "Who is this?" I opened it up and saw a gift from Nick and Joanna for \$30. I about started bawling. It totally blessed my heart. I was overwhelmed by the expression of God's love.

Then I noticed there was another one from David and Marie. I felt

even more blessed. A few more checks and cards started showing up over the next few days and then I came home one day and found my wife with a peculiar look on her face, on the edge of crying. It was postmarked from our own town and I thought, that's cool. I opened it up and there was a card and check for \$100 from our pastor. I joined my wife in crying. Praise God.

Idaho Falls, Idaho

When my husband had major dental work we stressed about how we were going to pay for it. We rearranged finances and signed up for a payment plan to make it work. It was a big stretch for us.

When we made the request for Member Assistance we didn't know how much support we would receive. Gifts came in slowly but in the end we have been hugely blessed and provided for by generous members! Thank you Jesus and Samaritan for such abundant provision. A large financial burden has been lifted for our family.

Colorado Springs, Colorado

The funds we received to help with our pre-existing maternity bills is a wonderful reminder that God provides in many ways. We have loved being part of Samaritan, part of the hands and feet of God. His Word says that we as the Body of Christ work together using the gifts of the Spirit to heal. I believe seeing this financial provision come from brothers and sisters is part of that healing. Disease, sickness, and illness are physical, but also mental, emotional, and spiritual. Knowing that others are praying and seeing His provision come from His earthly vessels is a form of healing in itself. It's beautiful to witness.

Keller, Texas

We're very grateful for the help given to us by members as one more example of the Body of Christ supporting one another. We also praise God that some family members have generously given a gift which meets the rest of our need. So no further Samaritan requests are necessary.

We are in awe of God's provision. He knows our every need and sovereignly orchestrates how He will meet it. We are humbled, blessed and very grateful.

Scandia, Minnesota



We want to say that after being members now for eight years, we are even more amazed at this ministry. I talk about Samaritan often and have had several friends sign up over the years.

This experience receiving Member Assistance helped my wife a lot, and we will continue to share our story. God bless you all for your service to us and to God.

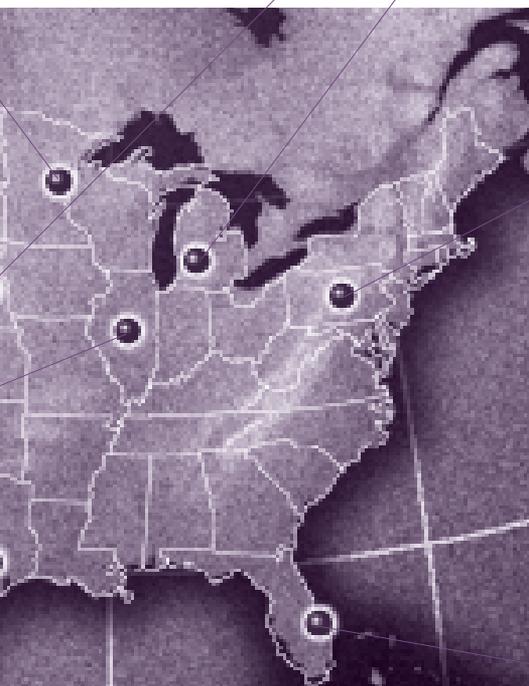
Montgomery, Texas

We are extremely thankful for the Samaritan community. Words can-

not express our gratitude. We were overwhelmingly blessed with love, support, prayers, and financial gifts from our spiritual family after our son's health scare with seizures and a rare nutritional disorder.

He is stable thanks to his daily dose of medicine. The gifts we received were able to pay for five months of medicine for him. This gives our family peace of mind moving into the next season. Thank you so much for your kindness. May God bless you.

Norfolk, Nebraska



When we asked for assistance for our son's pre-existing hernia bills we didn't realize the great blessing it would be to receive encouraging notes from people all over the country who don't even know us personally. We felt a very real expression of God's love through all those cards and letters.

Knowing brothers and sisters in Christ were praying for healing for our son and our financial need was so impactful on our family, both on us as parents and on our children.

We thank the Lord for the oppor-

tunity to be part of Samaritan Ministries and share in others' lives in the name of Christ our Savior.

Cedar Springs, Michigan

To our family of believers:

Believers in God's power to heal, God's grace to sustain, God's hand to lead us, and most of all that He seeks and saves the penitent sinner! That's awesome! That He actually seeks the sinner is love divine. I love Him because he first loved me.

We want to share how God met our need, spiritually, physically, and financially. Because of my pre-existing Parkinson's I was sure nobody would take us with our health issues. I postponed a surgery for a year and I was losing balance and strength.

Obamacare had caused our insurance to expire and we were not able to afford the replacements on our own. We decided to call Samaritan and were overjoyed at the heart-touching prayers prayed over the phone. We learned about this ministry and I remember seeing a family holding envelopes from the mailbox. I thought it was probably too good to be true.

I still remember when we received our first Share assignment with the instructions to always send a note of encouragement. There was no doubt in our mind that this is what we wanted.

Now we have experienced the flood of letters coming to us, and what was so awesome was the mailman and people at the post office wondered what was going on. We took the opportunity to explain the wonderful sharing ministry to them.

It was all an answer to prayer worth waiting for. Isaiah 40:31 says, "They that wait upon the Lord shall renew their strength. They will soar

on wings like eagles. They will run and not grow weary. They will walk and not be faint."

Thank you, thank you Samaritan members and staff for coming to our rescue by sharing financially and spiritually in our lives. Thank you to those who took the time to write those notes of encouragement and share God's provision with us. May you be richly blessed.

Lewisburg, Pennsylvania

I've always been a do-it-yourself person, so finding myself in a position of need wasn't easy. I'm a missionary serving Christ in Haiti and I was struggling to hear the children I teach, so I decided ever so hesitantly to ask for assistance for glasses and hearing aids. Oh, how these things have made life so much nicer!

Because brothers and sisters from all over donated to help me I'm able to continue in ministry. I was facing the choice to use funds that were allocated to build a storage facility to help provide God's precious Word to Haitian churches through Bibles and songbooks. Thankfully the dollars donated by Samaritan members stretch far here for medical services. By God's grace through Samaritan, the storage building work has not been hindered. Praise His name!

Fort Pierce, Florida

Big Brother in the Exam Room: The Dangerous Truth about Electronic Health Records

by member Twila Brase

reviewed by Dr. Jeffrey Singer

Have doctors become data entry clerks for the government health surveillance system?

As a practicing physician I have long been frustrated with the Electronic Health Record (EHR) system the federal government required health care practitioners to adopt by 2014 or face economic sanctions. This manifestation of central planning compelled many doctors to scrap electronic record systems already in place because the planners determined they were not used “meaningfully.” They were forced to buy a government-approved electronic health system and conform their decision-making and practice techniques to algorithms the central planners deem “meaningful.”

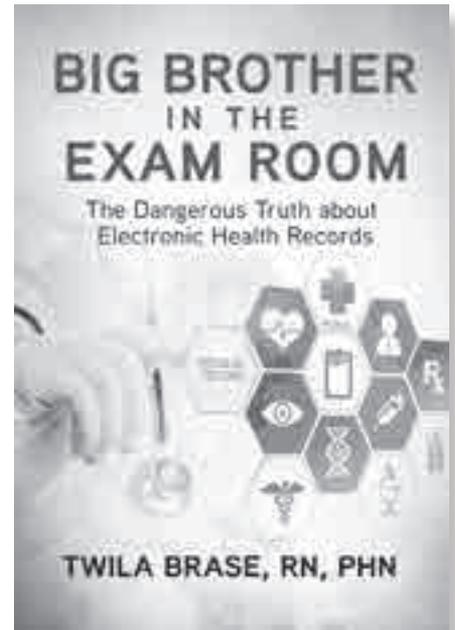
Other professions and businesses make use of technology to enhance productivity and quality. This happens organically. Electronic programs are designed to fit around the unique needs and goals of the particular enterprise. But in this instance, it works the other way around: health care practitioners need to conform to the needs and goals of the EHR. This disrupts the thinking process, slows productivity, interrupts the patient-doctor relationship, and increases the risk of error. As (Samaritan Ministries member) Twila Brase, RN, PHN, ably details in *Big Brother in the Exam Room*, things go downhill from there.

With painstaking, almost overwhelming detail that makes the

reader feel the enormous complexity of the administrative state, Ms. Brase, who is president and co-founder of Citizens’ Council for Health Freedom (CCHF), traces the origins and motives that led to Congress passing the Health Information Technology for Economic and Clinical Health (HITECH) Act in 2009. The goal from

Health information technology can and should be a good thing. But it’s being weaponized against us.

the outset was for the health care regulatory bureaucracy to collect the private health data of the entire population and use it to create a one-size-fits-all standardization of the way medicine is practiced. This standardization is based upon population models, not individual patients. It uses the EHR design to nudge practitioners into surrendering their judgment to the algorithms and guidelines adopted by the regulators. Along the way, the meaningfully used EHR makes practitioners spend the bulk of their time entering data into forms and clicking boxes, providing the regulators with



Citizens’ Council for Health Freedom
cchfreedom.org

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the data needed to generate further standardization.

Brase provides wide-ranging documentation of the way this “meaningful use” of the EHR has led to medical errors and the replication of false information in patients’ health records. She shows how the planners intend to morph the Electronic Health Record into a Comprehensive Health Record (CHR), through the continual addition of new data categories, delving into the details of lifestyle choices that may arguably relate indirectly to health: from sexual proclivities, to recreational behaviors, to gun ownership, to dietary choices. In effect, a meaningfully used Electronic Health Record is nothing more than a government health surveillance system. As the

old saying goes, “He who pays the piper calls the tune.” If the third party—especially a third party with the monopoly police power of the state—is paying for health care it may demand adherence to lifestyle choices that keep costs down.

All of this data collection and use is made possible by the Orwellian-named Health Insurance Portability and Accountability Act (HIPAA) of 1996. Most patients think of HIPAA as a guarantee that their health records will remain private and confidential. They think all those “HIPAA Privacy” forms they are signing at their doctor’s office is to insure confidentiality. But, as Brase points out very clearly, HIPAA gives numerous exemptions to confidentiality requirements for the purposes of collecting data and enforcing laws. As Brase puts it,

It contains the word privacy, leaving most to believe it is what it says, rather than reading it to see what it really is. A more honest title would be “Notice of Federally Authorized Disclosures for Which Patient Consent Is Not Required.”

It should frighten any reader to learn just how exposed the personal medical information is to regulators in and out of government. Some of the data collected without the patients’ knowledge is generated by what Brase calls “forced hospital experiments” in health care delivery and payment models, also conducted without the patients’ knowledge. Brase documents how patients remain in the dark about being included in payment model experiments, even including whether or not they are patients being

cared for by an Accountable Care Organization (ACO).

Again quoting Brase,

Congress’s insistence that physicians install government health surveillance systems in the exam room and use them for the care of patients, despite being untested and unproven—and an unfunded mandate—is disturbing at so many levels—from privacy to professional ethics to the patient-doctor relationship.

A HIPAA “privacy form” would be more accurately described as “Notice of Federally Authorized Disclosures for which Patient Consent is Not Required.”

As the book points out, more and more private practitioners are opting out of this surveillance system. Some are opting out of the third-party payment system (including Medicare and Medicaid) and going to a “Direct Care” cash pay model, which exempts them from HIPAA and the government’s EHR mandate. Some are retiring early and/or leaving medical practice altogether. Many, if not most, are selling their practices to hospitals or large corporate clinics transferring the risk of severe penalties for non-compliance to those larger entities.

Health information technology can and should be a good thing for patients and doctors alike. But

when the government rather than individual patients and doctors decide what kind of technology that will be and how it will be used, health information technology can become a dangerous threat to liberty, autonomy, and health.

Big Brother In The Exam Room is the first book to catalog in meticulous detail the dangerous ways in which health information technology is being weaponized against us all. Everyone should read it. ♦

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. <catoinstitute.org/blog/doctors-data-entry-clerks-government-health-surveillance-system>

Dr. Jeffrey A. Singer practices general surgery in Phoenix, Arizona, and is an adjunct scholar at the Cato Institute.

tion and natural remedies. It was during that process that he began to sense a call from God. He spent his free time sharing the Gospel and teaching people how he had recovered his health naturally. Just a few years later, he met his future wife, Sabrina, and the ministry would grow deeper.

Known to most now as “Mama Z,” Sabrina had suffered a chemical burn on her face as a child. After trying to heal it using traditional means with no success, she turned to lavender oil and found healing. She never looked back. Despite Sabrina’s success and years of experience with essential oils, Eric still disregarded it as “smelly stuff” when they first met and even through the first few years of their marriage.

When the Zielinskis decided to pursue a wellness and health

ministry, they packed their bags and moved from Michigan to Georgia so Eric could study to become a chiropractor. While in school and with a family to support, he needed an income, so he began working as a medical writer and public health researcher. Early on, one of his clients commissioned him to write a series of public health reports on essential oils. After researching their many benefits and discovering many studies showing their therapeutic benefits, he was hooked. Though he earned his Doctor of Chiropractic degree, he never went into practice because the opportunity arose to take his health education materials to a broader audience online.

Dr. Z teamed up with friend Jill Winger of theprairiehomestead.com for an online conference called “The Essential Oils Revolution,” which streamed interviews with experts across the globe. More than 165,000

watched, launching Dr. Z’s reputation as the “essential oil guy.”

Deluged by emails from people wanting to learn how to use essential oils for their own healing, he realized he needed education beyond his public health and chiropractic training. He enrolled in the Atlantic Institute of Aromatherapy to learn about the clinical application of essential oils so he could answer the questions he was receiving.

People were hungry for health solutions, and he believed that God was using essential oils as a vehicle to teach them about health as well as about Christ.

“I’m here to reach people for Christ and to educate people on Biblical health principles,” Dr. Z says. “I had no idea God would use oils as the tool to motivate them to change their lives for the better.”

Dr. Z is doing just that through his blog, online materials, podcast inter-

Why SMI?

Dissatisfied with overpriced medical insurance that failed to cover what he needed, Dr. Eric Zielinski began looking for other solutions.

Dr. Z, known online as “the essential oil guy,” says that “It doesn’t have to be that way.”

“Things don’t have to be this expensive,” he says. “It’s wrong, unethical.”

He and his family were introduced to Samaritan through a friend whose wife had a breast cancer scare. During that time, the support the couple received through the letters and cards sent by other members was so moving that Dr. Z decided to research it for himself and his family and decided it was perfect.

“You’re helping organize something that is impossible for any one person to do,” he says. “It’s beautiful.”

Dr. Z is happy to be involved with a group of people who can create change and believes that being a member of a health care sharing ministry like Samaritan is a vote against the system, whether they know it or not.

“This is more powerful than any presidential vote we could ever have because we’re actually making a difference

now,” he says. “Our medical providers are forced to make a decision on the spot of what they’re going to charge us and how they’re going to handle people whether they’re cash-pay or insurance, and they’re responding. They don’t want to deal with insurance. They’re trapped, too.”

In the spirit of natural health, Samaritan’s Guidelines allowing members to choose treatments from the licensed provider they prefer is especially appealing to the author of *The Healing Power of Essential Oils*.

“You don’t get that support from the medical system or from health insurance,” Dr. Z says. “That’s why I don’t belong to insurance.”

Dr. Z also says the cash-pay discounts he has received have saved Samaritan members money. He received a 60 percent discount for a son’s stitches right off the top because of cash pay. In addition, the Zielinskis paid very little money with the birth of their fourth child, Bella.

“We need to have the mind of Christ, led by the Holy Spirit, to make these decisions for life,” Dr. Z says. “This is so key to what you all do, which is why I’m such a big proponent.”◆

views, and now with *The Healing Power of Essential Oils*, with over 25,000 copies sold since its release in March.

The theme of the book is to exercise a Biblical mindset regarding health by taking ownership of it.

“At its core, my work is to spread research-backed information on essential oils and is designed to teach families that they don’t need to visit their health care provider for every little ailment,” Dr. Z says.

In his book, Dr. Z quotes a Medscape report in which a doctor states that, out of the 50 patients he sees a day, “easily 75 percent of them have no business seeing a physician. And 80 percent of those patients are expecting antibiotics.”²

“I want people to think integratively, to think twice before getting on drugs,” Dr. Z says.

And essential oils play a vital role. Dr. Z is quick to remind skeptics that many drugs we take are based on chemical compounds found in

plants. Aspirin is one example. It is similar to substances found in willow trees, which people have been using medicinally for thousands of years.

In fact, up until World War II, before the development of antibiotics, combat medicine used tea tree, thyme, oregano, and lavender oils to cure gangrene on the battlefield.

“This isn’t new stuff,” Dr. Z says, “It’s ancient, Biblical medicine.”

He encourages people to go to natural sources first for all non-emergency medical needs, including the mental and emotional disorders he suffered as a youth. The goal is to use essential oils to heal the body “so that you don’t need essential oils” to get through the day.

“Now I use them because I want to, not because I have to,” Dr. Z says, “And that’s a huge difference. The goal is to use natural solutions so you aren’t bound to them forever. Otherwise, you’re falling into the same medical trap that have people

on drugs for the rest of their lives.”

With the goal of helping people restore their body back to health, free of sickness and disease, Dr. Z’s mission is to help Christians learn how to properly eat, exercise, and think, so they can live lives that will promote lifelong health and vitality into their 100s.

DrEricZ.com offers resources covering healthy living, recipes, gardening tips, and essential oil use for many health-related topics from minor issues to aiding in the treatment of some cancers, diabetes, obesity, and much more.

“We can truly live a balanced healthy lifestyle,” Dr. Z says, and he’s on a mission to prove it. ♦

1. Global Essential Oil Market Report. <reuters/2rfkedw>

2. *The Healing Power of Essential Oils*, pages 11-12

This article is for educational purposes only and not meant as medical advice.

Dr. Z’s Mission

Essential oils aren’t Dr. Eric Zielinski’s only passion. His conversion to Christ healed him of his many addictions, but his health struggles remained. Nutrition was the vehicle God used to heal him, and now “Dr. Z” is on a mission to bring to light this often-overlooked subject in the Church.

“The acceptable sin of the Church is gluttony,” he says. “Satan can’t steal our salvation, but what he’s doing is robbing Christians from fulfilling their ministry in life because they are chronically ill.”

In the spirit of Enoch, the believer who led him to Christ, Dr. Z stresses that good nutrition and healthy living are not only beneficial but also a duty. We should protect our bodies as the temple of the Holy Spirit.

“There are so many people not fulfilling their God-given destiny and purpose because they’re sick,” he says.

With a heavy emphasis on nutrition and health, his next book will explain how health affects relationships, finances, and everything in between. It will include tips

on how to live a healthy lifestyle, how to make over your pantry and convert food to allergy-friendly, non-toxic food, and how to say “no.” Most importantly, it will cover how to guard your heart and your mind and your spirit.

Dr. Z’s heart is to teach and equip Christians with the tools needed to be able to fully live the life God has called them to. Poor food choices hinder that from happening.

“A lot of Christians will tell you they are addicted to sugar,” he says. “I believe it’s the number one cause of disease, and I can prove it over and over and over.”

With that in mind, he’s working on a self-published health Bible study. For Dr. Z, physical health and wellness go hand in hand with spiritual health.

“What I’m trying to do is what Dave Ramsey did for money and make health not taboo anymore,” he says. “We don’t have anyone encouraging the Body of Christ to be healthy.” ♦

Prayer for the Persecuted Church

Hebrews 13:3 tells us to “Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” Our brothers and sisters in Christ around the world are being persecuted for the sake of the Gospel. We need to remember them in prayer. Each month, we will provide updates and offer prayer points gleaned from a variety of sources. Please use them in your personal or group prayer time.

Asia Bibi released

The news will be old by the time you read this, but the joy won't be, so let's continue to praise the Lord for the commutation of the death sentence for Asia Bibi. As of this writing, Asia had secretly been airlifted out of the country after being kept in a prison that had been converted into a safe house. Due to the extreme anti-Christian sentiment of Pakistani Muslims, it was believed her life would be in jeopardy if she were released in Pakistan. Asia was convicted of “blasphemy,” punishable by death, in 2010. *Pray that Asia will be kept safe, and that she, her husband, and their children will be granted asylum in another country.*

Brunson released

Praise God also for the release of Pastor Andrew Brunson on October 12 by Turkey. Pastor Brunson was accused in 2016 of helping a coup attempt. He pleaded innocent, how-

ever, and his cause receive international attention. It is believed that he was released in exchange for the easing of U.S. sanctions against Turkey. One day later, however, longtime U.S. missionary David Byle was arrested, interrogated, and then ordered to leave the country. *Praise God also for David's release. Pray for the freedom to openly preach the Gospel in Turkey, and for all Christian workers still there.*

Indian pastor beaten

A 57-year-old pastor was abducted and beaten by Hindu radicals in India on September 4, according to International Christian Concern. Pastor Mathai Varghese was arrested along with his assailants and accused of taking part in a communal fight as well as attempting to convert an elderly woman by force. *Pray for physical, emotional, and spiritual healing for Pastor Varghese, as well as for equal treatment under the law for India's Christian minority.*

2 Chinese priests detained

Two priests from an underground Catholic diocese in China were detained in October by government authorities in Hebei Province, ICC reports. Father Zhao was taken by seven people on October 24. They claimed he was being asked to look over new regulations on religious practices in China, but he has yet to be seen again. Father Su Guipeng was placed under house arrest on October 13, also ostensibly to study the new regulations. *Pray that the priests will be released from detention and allowed to practice their faith. Pray also for all believers to be able to navigate Chinese gov-*

ernment regulations concerning churches and worship.

Chinese police stop worship

A group of Chinese police officers broke into Yongfu Church in Fujian province and broke up a Sunday service, ICC reports. The police said they were there to “enforce the laws.” When confronted, the officers shouted that “the service should stop and everyone should leave and not attend the church anymore,” the report said. They collected the personal information of those attending and said they would be back again. *Pray for the ability of Yongfu Church members to worship without interruption, as well as safety for them. Also pray for the welfare of the Church throughout China.*

Kenyan believers executed

Two Kenyan Christians were executed for refusing to recite the Islamic confession of faith in September, ICC says. Fredrick Ngui Ngonde and Joshua Ooko Obila were on a bus that was forced to stop while traveling in Kenya. The Somalian al-Shabaab terrorists singled out non-Muslims from the other passengers, then ordered them to recite the creed. One man did, but Fredrick and Joshua refused. Fredrick was a member of the East Africa Pentecostal Church of Masalani. Joshua was the mechanic of the attacked bus. *Pray for the members of the men's families, especially Fredrick's widow and 2-year-old son. Praise God also for the men's refusal to deny their Savior. ♦*

For more on the persecuted church, contact International Christian Concern (persecution.org, 800-422-5441) or World Watch Monitor (worldwatchmonitor.org)

everywhere we go! It's in the fabric of our society! We have temptations and trials that they don't have over in Thessalonica or in the kosher city of Jerusalem. We aren't like those other Christians, Paul. We have unique trials that no one has faced. You need to amend your exhortations to us.

That's why Paul says in verse 13 that actually no temptation is overtaking them that's not common to everyone else. Paul reminds the Corinthian believers that they are no different than any other human; they aren't unique. Everyone has difficult surroundings. Everyone lives on a cursed earth. Satan attacks all believers, not just some. Life is hard no matter where you live. The believers in Jerusalem have similar trials. That's why this verse fits into this context. It actually has a twofold purpose: (1) Paul is trying to encourage them (this is a very encouraging promise); and (2) he is registering a mild rebuke to remind the Corinthians that they can fulfill the commands that he has given them despite their circumstances, surroundings, and culture.

Trials haven't changed

Another argument the Corinthians could have posed would have been to say, "Well, we're not like the Israelites. That was 2,000 years ago, Paul. What happened 2,000 years ago doesn't pertain to us; it's not relevant! We live in modern times." Have you ever heard that before? When people say, "This is a different day and age than years previous ... we have different trials and temptations today." In effect Paul says, "Hmm, I don't think so! Trials and temptation have not changed in 2,000 years

and the God of the universe hasn't changed in 2,000 years. So there's continuity from age to age. That's why Paul can say with authority to anybody, regardless of his trial or temptation, "no temptation," or trial, "has overcome you that isn't common to everybody else."

Three key Biblical principles for facing trials

With that larger theological context, let's hone in and make this personal and practical for us so we can be blessed by this fantastic promise. There are three main points in this verse. To help you follow along through the next few chapters, I will provide all three principles and summarize them briefly below.

Principle #1: Trials Are a Part of Life

Principle #2: God is in Control

Principle #3: Trials Help Us Grow

The first principle is about having a proper view of trials. Did you know people have a wrong view of trials? Did you know that Christians can have a wrong view of trials? Did you know that you might have some wrong views of trials? There are times that I have a wrong view about trials. One of the main points of the long book of Job is to show that Job's friends had common, but very wrong views of trials. So our goal in this study is to allow the Holy Spirit to teach us through his Word how to rightly understand and respond to trials.

The second principle is about having a proper view of God in the midst of trials. Did you know that some Christians have a wrong view of God when they encounter trouble and difficulty? We're all

susceptible to drifting from a right view of God when we are in the throes of a trial because it's easy to get disoriented and lose objectivity by the emotion that usually attends trials. It's not uncommon for some Christians to think their trials are always a direct punishment from God for some sin in their lives. That is what Job's friends proposed, and God said they were wrong. God is not up in heaven with a big stick ready to smack His children for every slightest infraction they make on earth.

The third principle is about having a proper view of self with respect to trials. Why do I have trials in my life? That is a basic, but very legitimate and important question. Another one is, Why do I have this kind of trial when others around me don't have the same kind of horrible trials? The simple answer from the Bible is that God allows trials in our life to help us grow. None of us in this life have yet arrived to perfection or full maturity (Philippians 3:12-13; James 3:2). ♦

The rest of the book fleshes out these three principles. A Biblical View of Trials and many other titles by Cliff McManis are available in print and Kindle editions from Amazon.com.

Rev. McManis has been the teaching pastor of Grace Bible Fellowship of Silicon Valley (gbfsv.org) since its inception in 2006. He has been in pastoral ministry since 1989, and has served in churches in Southern California, Utah, Texas, and the San Francisco Bay area.

Truly, truly, I say to you,
whoever believes in Me
will also do the works that I
do; and greater works than
these will he do, because I
am going to the Father.

John 14:12

It is probably reasonable to think that we who believe in Jesus will do the works that He did. But how can we do greater works than He did? Jesus said it is because He was going to the Father.

Then Jesus said, "Whatever you ask in My Name, this I will do, that the Father may be glorified in the Son. If you ask Me anything in My Name, I will do it." That is how we can do greater works than Jesus did.

Jesus is with the Father in heaven. He intercedes for those who believe in Him. He has promised to do whatever we ask in His Name. When we believe in Jesus, we want to do the things He wants done—to do the works that He did and even more. That is what we will ask for in His Name.

When we ask in Jesus' Name for the works He wants done, He has said He will do whatever we ask, that the Father may be glorified in the Son. Anything. In Ephesians 3:20 we are reminded that God is able to do more than we can ask or even think. Are we asking Him for greater works?

Lord, in the Name of Jesus, we ask You to work in all of us who believe in You, so that we will believe and ask You to do greater works through us.

For the Kingdom,



Ray King