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CHANGE YOUR LIFE. CHANGE YOUR WORLD.

FAITH

Reaching out to
receive

HEARING FROM THE LORD

He wants to help you,
step by step

JEALOUSY

It *can* be conquered!

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personally speaking



Have you ever wished you had the answer to everything? Haven't we all? Well, you can.

If you have Jesus, you have answers, because He's the Answer Man. He sees it all and knows it all, and you'd be surprised to know how much of that knowledge He is ready, willing, able, and waiting to let you in on if you would just ask Him to.

He may not tell you the secrets of the cosmos or give you the winning lottery numbers, but He can and wants to give you answers to the problems you face, as well as a lot of other information that will help your days go better and brighten the lives of those around you. He will also speak personal words of love and encouragement to you as only He can, and reveal His heart to you in ways you've probably never imagined. All this and more can be yours through the wonderful gift of prophecy.

How can you receive the gift of prophecy if you don't already have it? The same way you receive any gift from the Lord—simply ask and receive it by faith. You don't have to be super spiritual, sinless, or saintly—just ask and receive (Matthew 7:7).

Thousands upon thousands of Christians around the world—ordinary people like you and me—have found that it's that wonderful and that simple. A few of them share their experiences and tips in this issue of *Activated*. Their articles are sure to increase your faith to hear directly and specifically from the Lord yourself. May He bless and enrich your life as you do.

A handwritten signature in black ink that reads "Keith Phillips". The script is fluid and cursive.

Keith Phillips
For the *Activated* family

Heaven to the rescue!

From David Clark, South Africa

FOR THE PAST THREE YEARS OR SO, we have been holding Bible studies with inmates in one of the prisons here in Johannesburg, in an effort to help them lead better lives once they are released. One of the most important things we have taught them is how to hear from the Lord themselves, through the gift of prophecy—and they are. Here are a couple of their many testimonies:

Sipho is an inmate in the Medium B juvenile section, whom we have known for over a year. Recently one of his cellmates was very discouraged because he hadn't had any visits from his family for a very long time. Sipho prayed and asked the Lord about the situation, and the Lord told Sipho to tell his friend not to worry, that his family would visit him that coming Saturday. It took a lot of faith for Sipho to give the other boy such a specific message, but the Lord *had* spoken to Sipho and He kept His word. That Saturday the other boy's family *did* visit him. Now the other boy wants to come to our Bible classes and learn more.

Francis was recently transferred to the Medium A section of the prison, as he had become too old for the juvenile section. Shortly thereafter, he was sitting on his bed reading his Bible when he noticed a group of five inmates at the other end of the large communal cell. The Lord told Francis that they were planning to kill him, but that he should go and witness to them. Francis is not very big, and is much younger than most of the men in that section, but he gathered his courage and went over to them. "I know you're planning to kill me," he said, "but before you do, I want you to know that Jesus loves you, and I do too." Then he went back and sat on his bed. That evening three of the gang that had been plotting to kill Francis came to him and asked to know about Jesus. They were so impressed that he could tell them what they were planning to do that they prayed and received Jesus that same night! Prophecy not only won these tough men to the Lord, but probably saved Francis' life. •



To talk with God,
No breath is lost—
Talk on!

To walk with God,
No strength is lost—
Walk on!

To wait on God,
No time is lost—
Wait on!

—Author unknown,
published in a 1910
issue of the Indian
magazine *Dnyanodaya*



faith

By David Brandt Berg

IT'S EASY TO HEAR FROM THE LORD. You just have to have faith. When you ask the Lord for an answer to a question or problem, expect an answer and take the first thing that comes. If you want the Lord to answer and really believe He can and will, you won't be disappointed. What you see or hear with the eyes or ears of your spirit, that's the Lord answering. It will be such a comfort to you. Expect God to answer. Just open up your heart and let it in.

Hearing from the Lord is your spiritual nourishment. You've got to be able to hear from Him in order to grow spiritually. A baby is a good illustration of this principle: When you're asking the Lord to speak, you're like a baby crying for food—in this case, the spiritual food you need to live on.

When a baby is crying for his mother, she wouldn't think of refusing him. That little baby has more faith than a lot of adults do when they pray, because the baby expects someone to hear him when he cries. He knows—God put it in him to know—that if he calls, his mother will answer. He expects an answer, and he gets it. If he asks for milk, his mother is certainly not going to deny him or give him something else (Luke 11:11–13). She's going to give him what he needs. Just so, when you ask God to speak to you, you must believe that the next thing

that comes into your mind or heart is from the Lord.

Shutting your eyes helps you to see in the spirit and to become less conscious of the things and people around you. It helps you get your mind on the Lord and in a relaxed position where nothing distracts you. When you ask the Lord to speak to you, believe that whatever you hear or see is a message or vision from Him. When you are asking Him to speak, you are like a baby crying for food—in this case, the spiritual food you need to live on.

When a mother picks up her child to nurse him, what does she do? She reveals herself to him. If he's a tiny baby, she also has to bring the nourishment to him. She has to show him where it is; she has to place the nipple in his mouth. As he gets older, he automatically knows where to find the milk and he can reach out for it himself. It's the same with hearing from God. The longer you practice receiving nourishment from the Lord, the better you know where to find it. You just open your spiritual eyes and see it and reach for it.

Faith is the hand of the spirit that reaches out and receives. It is the part that you do, your spiritual effort. After the nipple is in the baby's mouth, he automatically starts nursing. When you ask God for spiritual nourishment, He puts it there for you, but if you don't start sucking, you'll never get it. You have to have the faith to begin to receive. You literally have to draw God's nourishment. If you don't suck, you won't get anything. The child sucks because

Faith is the hand of the spirit that reaches out and receives.

God has put that automatic reaction in him to do it. A lot of times he has to suck for a while before he gets anything, but if he doesn't give up, eventually he will get something.

Faith is a type of drawing power. It is you drawing power from God. What is it that draws the mother's milk? How is this explained in scientific terms? When the baby sucks, he creates a vacuum inside his mouth, which pulls the milk out. Similarly, you have to create a vacuum in your spirit: "Lord, here is an empty space. Please fill it!"

When you reduce the pressure in one area, what fills that vacuum? In the case of the feeding baby, it's the milk. All the baby does is create the vacuum. He reduces the pressure inside his mouth, which then becomes lower than the pressure inside his mother's breast, so the milk flows out into his mouth. That sucking on the part of the baby is his effort; the mother does all the rest.

In prayer, you create a vacuum and the Lord's pressure fills it. Every time you open up your spirit, every time you create a low-pressure area, His Spirit will flow in, in all His power!

What if the baby took one big suck and got discouraged? "Well, I didn't get anything, so I'll just quit!" Sooner or later he would get so hungry that he would start sucking again and not give up. When you start sucking for dear life and really desire that spiritual nourishment with all your heart, you'll get it.

You have to believe that when you create that vacuum in your spirit, the first thing that comes into your mind is from the Lord, and you must go on from there. If the baby didn't swallow the first mouthful, he couldn't get any more! His mouth

can only hold so much at once. He gets a mouthful and swallows it, and then he gets another mouthful. He's got to swallow each mouthful as it comes, or he won't get more—and it's the same with receiving messages from the Lord.

He gives you a little to start with, but then you've got to expect and make room for more. In this case you empty your mouth, you "swallow," by believing the first words or Scriptures that He gives you, and repeating them out loud or writing them down—and you've got to keep swallowing. The Lord's not going to squirt milk out into the thin air where it will be lost, or into some baby who won't swallow it. You only get one mouthful at a time, and if you don't swallow that mouthful, you won't get another!

Likewise, when you ask the Lord for a vision and you begin to see something, you need to start describing it. Describe what you see, and then the Lord will give you more. What do you do when you watch a movie? You have to keep drinking it in, scene by scene. You couldn't possibly get it all in one picture. You have to keep "swallowing."

Unlike the mother, God has unlimited capacity to give. What you get is only limited by your capacity to receive. The Lord will keep on feeding you until your vacuum has been filled, your "stomach" is satisfied, and your spirit is content.

The Lord is always there, ready, willing, and able to speak to you if you're willing to listen, but He won't force you. The mother can place the nipple in the baby's mouth, but if the baby takes one gulp and doesn't like it and quits swallowing, he's not going to get any more. You have to be willing to receive what God gives! •

The Lord is
always
there, ready,
willing, and
able to
speak to
you.



feeding reading

Hearing from the Lord



Prayer for the day

I love our quiet moments together, Jesus. I love to tune in to Your Spirit and hear Your whispers. As Your voice speaks to my heart, You fill every vacuum and flood my heart and mind with light and love and faith. You're the first one I turn to when I have a question or a problem, and You always have just what I need. Hearing Your voice solves everything. My life is wonderful now—so much easier than before!

Help from Heaven

Hearing from the Lord in prophecy can make a difference in almost any situation. Without the Lord, you might get it right part of the time or most of the time, but He can get it right *every* time. Prophecy will be an invaluable tool when you're faced with major questions or complex problems, but you'll also find that He can help you in seemingly small matters. He's always around, and He's always happy to help—the best “professional help” available anywhere today.

—Rafael Holding

How can you expect to keep your powers of hearing when you never want to listen? That God should have time for you, you seem to take as much for granted as that you cannot have time for Him.

—Dag Hammarskjöld
(Swedish statesman, 1905–1961)

Biblical examples

Numbers 9:8
1 Samuel 3:9–10
1 Kings 19:11–12
Jeremiah 1:9
Ezekiel 3:27
Luke 2:26
Acts 10:19–20

God still speaks

Amos 3:7
Malachi 3:6
Acts 2:17
Hebrews 13:8

The Holy Spirit connection

Mark 13:11
John 16:7,13–14
1 Corinthians 2:9–10,14

The Lord will guide and instruct

Psalms 25:8–9,12
Psalm 32:8
Isaiah 30:21
Isaiah 42:16
Jeremiah 33:3
Daniel 2:20,22

Get quiet and take time to listen

Psalms 4:4
Psalm 143:8,10



hearing

from the Lord step by step

ONE OF THE THINGS THE LORD WANTS TO TEACH US ALL—and it's one of the most valuable things we can learn—is to look to Him in all of our decision-making. He wants us to personally hear from Him and then enact what He shows us to do, and not only in big matters, but also in little everyday matters. He wants us to involve Him in our daily lives and daily decisions as much as possible.

The Lord wants to speak to us in prophecy and answer our questions—even our everyday questions. He wants us to bring *specific* questions to Him so He can give us *specific* answers.

It's not enough to pray at the beginning of a project, "Lord, help me with this," and then just go and do it. We need to not only hear from Him directly in prophecy at the

beginning, but also regularly check back with Him as the work progresses. Unless you stop from time to time and ask Him if there is anything else He wants to tell you, you can miss so much.

I have learned that even after the Lord has initially shown me the way to go on something, He wants me to continue to ask Him continually if I'm still proceeding in the right direction. He wants me to keep the channel open so He can speak to me in case He has some new information or new direction.

You need to keep checking back with Him, because sometimes He may want to adjust the course. It's like you're the helmsman of a ship, and Jesus is the captain. You head out to sea, and you know you're supposed to go west, so you start going

He wants us
to involve
Him in our
daily lives.

west. But then after a while the ship may have been carried off course by currents or a storm, so the captain, Jesus, who knows exactly where you are at all times, may tell you that you need to adjust your course to head a little northwest or a little southwest. But if you don't go back to the Lord, if you don't open the channel for Him to speak to you and tell you the course modifications, you might not end up exactly where He wants you to go.

The point is that if you want to do something right, you need to not only pray and listen to the Lord, but to listen to Him on the subject more than once. The Lord wants you to come back to Him again and again for His answers. That is the kind of prayerfulness He's looking for.

Hearing from the Lord and including Him intimately in our daily lives is something we desperately need to learn. You see, if we can truly learn to stop, bring our questions to the Lord, and listen to His instructions, that will solve so many problems because we will find all the answers we need every time problems come up.

If you don't have the gift of prophecy, you should ask the Lord to give it to you, and then give Him the opportunity to use it to help you. You can start by asking Him to give you a simple yes or no regarding what you feel you should do.

You can apply this lesson to your life by praying over all of your decisions, making sure they are Word-based, and by keeping yourself open to the Lord's nudges in the spirit.

To receive the Lord's words in prophecy, you have to be open and really want to hear what He has for you. The most important requirements for hearing from the Lord are

- (1) believing His already recorded Word and putting it into practice,
- (2) asking the Lord to not let your own thoughts interfere,
- (3) sincerely wanting to find and follow what the Lord knows will be best for everyone concerned,
- (4) being yielded to the Lord,
- (5) believing that the message you receive is from Him,
- (6) having the faith to act on it.

The Lord wants to be involved in your daily decisions. When you hear from Him step by step as you go along, you will save time, things will go smoother and faster, more will get done, and you'll make fewer mistakes. The Lord will help you as you take time to hear from Him as often as you need to.

God bless you and keep you in touch with the Lord's wonderful help from Heaven! •

What are you listening for?

A NATURE LOVER, WALKING WITH A FRIEND along a busy city street, stopped suddenly and asked his friend, "Do you hear a cricket?"

"Of course not," his friend said with a laugh. "You could never hear a cricket above the roar of all this traffic."

"I'm *sure* I hear a cricket," insisted the nature lover. Turning over a stone, he uncovered the insect.

"Did you actually hear that cricket chirping above this noise?" asked his friend in astonishment.

"Certainly," said the nature lover. "I make it a habit to listen to nature, whether I am in a forest, a field, or in town. Everyone hears whatever he's listening for."

To illustrate his point, he took a coin from his pocket and he dropped it to the pavement. The two men watched as each passer-by put his hand in his pocket to see if he was the one who had dropped the coin.

What are *you* listening for? Gold or God? Your ears are tuned to listen for something, like a radio is tuned to receive the broadcast from a distant radio station. God's ears are tuned to hear your prayers. Are yours tuned to hear what He has to say to you? •

The Lord
wants you
to come
back to Him
again and
again for
His answers.

Interpreting Bible prophecy

“Rightly Dividing the Word of Truth” (2 Timothy 2:15).

PART 2

By David Brandt Berg

God loves a mystery!

The prophets looked into the future and saw coming events like series of mountain ranges, one after the other. Only the mountaintops were clearly visible. The valleys in between were mostly hidden, and the prophets couldn't always distinguish between events, just like two or three mountain ranges lined up one after the other can look like one from a distance. At the time, the order and timing of future events usually weren't clear to the prophets, but they became clear to others as they came to pass—or they will yet.

God has many mysteries that He keeps from us until the appointed time. Many of the prophets who received the revelations now recorded in the Bible never even attempted to explain them, often because they didn't understand the prophecies or revelations themselves. For example, the prophet Daniel was so baffled one time about what the Lord had prophesied through him that he said thinking about it troubled him greatly (Daniel 7:28). He was really puzzled!

God says, “My thoughts are not your thoughts, nor are your ways

My ways. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts” (Isaiah 55:8–9). How could we possibly comprehend with our finite minds all the mysteries of God about the future?

But, little by little, He *does* shed a little more light on Endtime events. The sun doesn't just pop up in the morning and—boom!—it's broad daylight. First there's a long period of dawn as it gets a little lighter and a little lighter, until finally the sun itself begins to show. Then it still takes a while longer before the entire sun is visible. That's the way God reveals interpretations of Bible prophecies to us: little by little.

Is it wise to theorize?

It doesn't pay to try to be too specific or to try to nail down all the whos, whens, wheres, and hows of things to come, but you should at least be familiar with the basic events of the Endtime. You should also put *some* thought and prayer into trying to figure out how and when they might come to pass, so you'll recognize them when they do.

Studying Bible prophecy is a bit

like doing scientific experiments in a laboratory: You begin by asking questions. (If you don't have the questions in mind, how are you going to find the answers?) Then you try various possibilities in order to come to the right conclusions—or *probable* right conclusions—by the process of elimination. You can form theories regarding what various Bible prophecies mean by the processes of deduction and elimination. You may not get all the answers right, but you'll almost certainly be better off than if you never ask any questions or try to figure anything out.

How specific should you try to be?

I'm very leery about getting too specific, because too many preachers and Bible teachers have been called false prophets when their revelations or interpretations regarding specific events didn't prove true.

The only details that you can be absolutely sure of are the things that God has expressly said in the Word, such as the Great Tribulation lasting roughly three and a half years—or 42 months or 1260 days (Daniel 7:25, 9:27, 12:7; Revelation 11:2–3; 12:6; 13:5).

At this moment we don't know the exact time or place that most Endtime events will happen. We know generally, and when they begin to happen we'll know more specifically.

Some Bible prophecy buffs try to figure out the minute details—the days and hours and minutes—when it's too early for that. If you get bogged down with too many details of Bible prophecy, you're likely to make mistakes and waste a lot

of time. You'll know soon enough, when the time comes. Time will tell! Be patient, but be on the lookout for indications, hints, and signs.

How to know your interpretation is right

There's one thing about prophecy: When it happens, you'll know what it meant! Jesus said, "I have told you before it comes, that when it does come to pass, you may believe" (John 14:29).

The Lord put each of those prophecies in the Bible for our edification. Some give us understanding of His plan for the future, so we can prepare accordingly. Others—those that we don't completely understand now—are to encourage our faith and instruct us later, when we see and recognize their fulfillments. When they come to pass, we'll be encouraged that everything is under the Lord's control and is happening just the way He said it would, and we'll know where we are on the Endtime timeline.

When I used to travel a lot by train, I tried to carry a train schedule so I could tell where I was at any time en route. The train wasn't always on time, of course, but whenever it came to a station I could tell if we were running late. The signs on the station platforms confirmed where we were, and I could adjust the schedule accordingly.

So if you become familiar with the main "stops" on the Lord's Endtime timeline, when you get to each one you'll know where you are and how much further you have to go. You'll see the "signs of the times" (Matthew 16:3), remember the Scriptures, and be encouraged.

(To be continued.) •

How could we possibly comprehend with our finite minds all the mysteries of God about the future?

answers to your questions

freedom

from the grip of jealousy

Question:
I have struggled for many years with jealousy. My husband loves me very much and there is no real reason for me to feel jealous, but I can't seem to help myself. I get jealous of the women he works with, and it's even worse when I notice him admiring another woman. How can I be free from the grip of jealousy?

JEALOUSY IS A UNIVERSAL PROBLEM. We all have problems with jealousy over somebody or something at some time in our lives—usually when we feel threatened or are afraid of losing a loved one's love and attention.

In today's society, jealousy is often considered a virtue, or at least a natural and acceptable part of loving someone—that if we love someone and he or she loves us, then we have a right to be jealous if the other person shows any interest in someone else. Jealousy and possessiveness, to many people's way of thinking, are simply awkward manifestations of the wonderful love that binds people together. This attitude is very wrong. Jealousy and envy are not virtues according to the Bible; they are sins (James 3:14–16).

Jealousy has its roots in selfishness. We get jealous when we feel we're not being shown the love and consideration and attention we think we deserve. When we're selfishly thinking only of our own happiness and frustrated desires, it causes us to complain. "I deserve to be treated better. I'm being mistreated. I'm being abused." So jealousy is really a spirit of complaint, which is the result of a selfish attitude.

A lot of times jealousy is unfounded. You may be misinterpreting your husband's actions or motives, and as a result, fear that he doesn't love you as much anymore and is seeking love elsewhere. But the whole thing may be in your imagination! If you yield to this type of jealousy and fear, the Devil will play up your fears, tell you all kinds of lies, and get you totally obsessed until every tiny matter becomes a major incident.

The solution is to pray and ask the Lord to deliver you from such a negative, fearful spirit. If you are not strong enough to resist attacks of jealousy on your own, then confess your problem to others and ask them to pray with you to be freed from jealousy's grip. "Confess your faults to one another, and pray for one another" (James 5:16 KJV).

Honest communication with the one you love is also essential. Be honest and humble enough to tell your husband when you're fighting feelings of jealousy, but be sure to do so in a loving way; don't be accusatory. By openly discussing it you give him an opportunity to dispel your fears.

God can deliver you from the bondage of jealousy. That is not to say that after prayer you won't ever have any more battles with it, but you can overcome it every time by refusing to yield to it and calling on the Lord for help. It will no longer control you. You can control it—with prayer and the Word. "If the Son [Jesus] shall set you free, you shall be free indeed" (John 8:36). May God bless and strengthen you with His wonderful love, and free you from jealousy! •





if i can, *anyone can!*

Many lovely
things pass
out of life
when
jealousy
comes in.

If someone like me who has had a very serious problem with jealousy in the past can overcome it with the Lord's help, then anyone can! I really believe that. Before my turnaround, whenever I would hear about others overcoming jealousy, I would think that was only possible because they had some quality or strength that I didn't. But now I realize that it's all the *Lord's* doing, and He can help *anyone*.

In the process, the Lord also helped me learn some wonderful lessons. First of all, it taught me to have more compassion for others who go through similar things. Before, I was pretty selfish with my personal blessings. I had everything I wanted, but I didn't reach out to others or consider their needs or happiness as much as I should.

I also experienced the wonderful blessing of being able to come to Jesus for help each step of the way. He always had a special word to encourage and comfort me. I *had* to depend on Him, and He never failed.

It has also helped me to learn to communicate more openly and honestly with my loved one and several close friends about the things I was going through. I had to humble myself and ask them to pray with me, but through that I've realized what a tremendous blessing prayer with others can be. Every time, the Lord answered our prayers and pulled me through. So I'm actually thankful now for that period of jealousy, because of all the Lord taught me through it.

Even though I sometimes still battle with jealousy, it's not debilitating like it used to be because I've learned that it's not impossible to overcome, with the Lord's help.

—V.K., Canada

it happened to me!

The Reason Why

By Nyx Martinez, Philippines



I was in
the sickbed,
photophobic,
unable to
open my
eyes.

WHEN I CLOSED MY EYES, I could almost see a red and orange flame licking in front of my face. The raging heat of my fever was that intense.

Why me? Why now? I wondered. The day before, I had suffered headaches. I suspected sunstroke, an affliction I'm very susceptible to. That it could be *measles* had never crossed my mind. But alas, when the virus blanketed my whole body with a bright red rash, the diagnosis was obvious. I was in the sickbed, photophobic, unable to open my eyes.

Only seconds after the rash had broken out—or so it seemed—my talent agent had called to inform me that I had been cast for a TV commercial that needed to be recorded the next day.

That's great, I told myself angrily. It would've been perfect, except that now I've got the measles! I waited for that phone call for weeks, and now they call me! Now! Why now? I was perfectly healthy for months before!

And so there I lay, in bed with the blinds pulled down and my shades pulled up, with a near-migraine and a fever so high that

I didn't need a thermometer to tell me I was burning up. I found myself toying with the idea that this was a good time to blame God for the bad timing and everything else that had gone wrong lately.

Instead, I finally decided to pray and ask the Lord if He wanted to tell me anything. I was so sick I could hardly think, so a friend of mine asked the Lord for a message for me, and He gave one. It was beautiful, and eventually went into my treasured collection of letters from the Lord. A portion of that message said:

"All things that I do have a purpose. I know how you've had your heart set on going tomorrow [to act in that commercial], but it is not My will for you right now. ... I will let you have that opportunity again. ... Just be patient and it will come. This time you have to rest should be spent with Me. I have so many things that I would like to share with you. You just have to listen. I love you, My child, and this sickness will only last a short while. I promised you rest when you're weary, and I will give you just that. I will never

the outlook

may not always be easy, but the uplook is great!

And so I rested,
because God
said to.

leave you nor forsake you; just cast your burden on Me.”

And so I rested, because God said to. And I cast my burden on Him, because He said to do that, too. I forgot my anger, rolled over, went to sleep, and I endured the next few days of doing battle with the measles. I also managed a faint smile most of the time, because there really wasn't any point in taking out my frustrations on those around me.

Now I see God's perfect timing in everything. The day after I had completely recovered, I was thrown into a hectic schedule and thanked the Lord for that week of spiritual and physical rest. I had also found that it doesn't work to blame disaster on God; where I have a question, He has a very good reason why.

And I found out one more thing: He keeps His promises. The agent called again to set up another appointment. The Lord promised that in the message my friend got for me when I was sick, didn't He? It proves that when you spend time with the Lord and put your trust in Him, He plans a perfect schedule. •

You can't just be God's fair-weather friend. If you are only going to be willing to believe and trust the Lord as long as everything goes all right, you won't be believing or trusting very much, because "many are the afflictions of the righteous" (Psalm 34:19).

The *good* news is that when you hit bottom, that's when you can start on your way up—if you look to the Lord and let Him help you! When things look darkest, don't look down, look up! Start praising the Lord, and you will often praise your way right out of the pit into which the Devil is trying to cast you! When the Devil tempts you to get down and discouraged, fight! Don't even listen to him, much less surrender!

It all depends on which way you point your antenna. If you're downhearted and cast down, it's because you've got your antenna pointed down toward Hell instead of up toward Heaven. Doubt, fear, discouragement, and complaining kill, but faith, trust, courage, and praising the Lord make alive. Look to Jesus and live!

Just open up your heart and let the sunshine in! When you look up, the sky is the limit. Up there the sun is always shining!

—David Brandt Berg

Coming next ...

Need help with your uplook? Want to learn how to live above the problems and disappointments that can cloud your days? Don't miss the next issue of *Activated*.



Stay in contact with the Source!



Spiritual strength comes from Me—from abiding in Me, abiding in My Spirit. It is Mine to give, and I give it to those who feed heartily from My Word, who cherish it, who draw their nourishment from it. It takes faith to put other things aside in order to come to Me. This step in itself causes strength of spirit, because it is trusting Me.

It's easy to get busy with a little here and a little there, for there's always so much to do. But remember to take that time to make contact with Me and to keep that contact with Me, for when you do, My Spirit is able to flow. When it's needed, it will be available; it will be there to help you with solutions to your problems or whatever else you need.

Stay in contact with the Source! Let Me constantly replenish your reservoirs of spiritual strength. Take time to come to the fountain, to open your vessel and let it be filled. Abide in the flow of My Spirit and let it lead you, guide you, strengthen you, refresh you, and keep you happy and fulfilled.

From Jesus with Love