

# activated

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## **PRAYER POWER**

Put it to work for you

## **“BE STILL”**

How to get God’s best

## **MY “HUMBLE” HEALING**

God works in mysterious ways

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“God finds ways to communicate with those who truly seek Him,” best-selling Christian author Philip Yancey wrote, “especially when we lower the volume of the surrounding static.” Nearly 300 years earlier, Isaac Newton made the same discovery, which he explained this way: “I can take my telescope and look millions of miles into space; but I can lay my telescope aside, go into my room and shut the door, and while in earnest prayer I see more of Heaven and get closer to God than I can when assisted by all the telescopes and material agencies on earth.”

A quote from Virginia Brandt Berg takes that thought a step further in describing the transforming power of meditative prayer: “When you come aside from temporal things which distract and harass you, and there in the presence of God you put your mind on the things of God, His majesty and glory, then the transforming power of God begins to work.”

That explains the who, when, why, and how of the transformation process, but transformed to *what*? That’s the best part! The apostle Paul tells us, “We all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory” (2 Corinthians 3:18). In other words, we take on His divine nature.

If that kind of quiet reflection can get that kind of results—direct communication with God and transformation from our lowly human state to godliness—then why don’t we do it more often? Very often it’s due to the “surrounding static.” We’re distracted by our responsibilities and routines, the bustle of others around us, a constant barrage of information and entertainment, and our own thoughts. It’s also plain hard work to enter into God’s presence through prayer, especially when we haven’t made it a habit.


How can we make it a habit? Through sufficient motivation and consistent practice. This issue of *Activated* should help provide the motivation, and what better time to start practicing than today?

KEITH PHILLIPS

FOR YOUR ACTIVATED FAMILY

**Vol 8, Issue 7** July 2007  
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# My "humble" healing

By  
Julia Kelly

**I CAN'T REMEMBER A TIME IN MY CHILDHOOD WHEN I WASN'T STUTTERING.**

One of my earliest memories is of my mom telling me, "Slow down. Talk slowly." Every sentence was difficult. Sometimes it took me ten minutes to gather my courage to ask someone what time it was. I dreaded the thought of having to speak to strangers. It was hard enough for me to talk to my family and friends. People told me that they didn't notice it much, but that was because I avoided talking. When I couldn't get around it, I chose my words carefully, saying as little as possible and getting it over with as quickly as possible to avoid the embarrassment, the frustration, the sympathetic looks.

By the time I was 16, I had asked Jesus to heal me of my stutter so many times that I was nearly convinced that it wasn't His will for me to be healed. I determined to find ways to work around this problem that wasn't going to go away, but still I wondered sometimes where all those prayers went. I was about to find out.

One day while spending some quiet time with Jesus, I heard His voice in my heart clearly say, *Instead of praying for Me to heal you, pray for this affliction to humble you.*

Humble me? Wasn't I humbled enough every time that I tried to speak?

His voice came again. *Allow Me to work in your life the way I know is best. Once you have learned the lessons I have for you, then I will heal you.*

I knew then that I had to stop pushing my plan on God and yield to His.

So instead of praying for healing as usual, I prayed that I would be humbled through my stuttering. I also began to do something that I had always done everything I could to avoid—read in public. I began to read out loud at the daily devotional group I attend. I'm sure it wasn't easy for the others when I took a long time to get through a single paragraph. Each time it was my turn to read, I broke into a cold sweat, but I kept going. If I kept stretching past my comfort level, I figured, something would have to give—and eventually something did!

Within a week of my prayer for humility, my stuttering was completely gone! That was three years ago, and I haven't had a trace since. I had spent all those years praying for healing, when what I really needed to do was pray for God's will and do what He told me to do! ⇐

Julia Kelly is a member of the Family International in the U.S.



# "Be still"

By Virginia Brandt Berg

## "BE STILL AND KNOW THAT I AM GOD" (Psalm 46:10).

The Lord once used that Bible verse to drive home a vital lesson, as well as to demonstrate His ability to give specific, immediate guidance as we listen to Him in prayer.

I needed to get in touch with a woman whose address I did not have, and it was an emergency. Every part of my being seemed to throb with anxiety. I felt as though I would fly to pieces if I didn't get some word to her. As I prayed about what to do next, suddenly a paraphrase of Scripture came to me. *Just be still. Get quiet and know that I am God.*

When I sat down, quieted my spirit, and

asked the Lord to do something to avert disaster, He spoke to my heart. *Just write a note and take it to the apartment where she lived before. Maybe she will have some reason to go back there or someone who knows where she moved will find your note and tell her to contact you.*

So I wrote the note and went over to the apartment to deliver it. Just as I arrived, note in hand, up drove the very person I had wanted to reach but couldn't!

Isn't it wonderful how God is able to work things out? I learned then that, as God's Word says, my "strength is to sit still" (Isaiah 30:7 KJV). In this mad rush that modern living has become, we

have an even greater need for this divine stillness to bathe our souls in quietness. It is only when our minds and spirits are quiet and serene that we can come to know God. "Be still and know that I am God."

How did my getting still make me "know that He is God"? His answering prayer in such a miraculous way demonstrated once again the wonderful truth that He is God.

Many people have the mistaken idea that the stillness this verse speaks of is a sort of controlled tension, a practiced poise, and that they can compress anxiety in some way. They may be able to do that sometimes, but if they do, it's only a surface calm; inwardly they are a boiling cauldron. That isn't the kind of stillness we are



talking about! The stillness of God isn't mere passivity. It's a genuine stillness of spirit that brings about the greatest clarity of thought, and it is in that stillness that we come to know God's will and plan.

I know from experience that divine stillness often comes through trials and testings. How can that be? Trials and tests subdue the soul, and suffering humbles the spirit. Are you going through a difficult time right now? Then get quiet and be still before the Lord, and He will show you how to get sweetness out of that difficulty. He will teach you wonderful lessons from it, but you've got to get quiet. It is in that sweet, still devotion that He is able to speak to your heart.

Not in the earthquake or  
 devouring flame,  
 But in the hush that could  
 all fear transform,  
 The still, small whisper to  
 the prophet came.  
 Oh soul, keep silence on  
 the mount of God!  
 Though cares and needs  
 throb around like a sea  
 From supplication and  
 desires unshod,  
 Be still and hear what God  
 shall say to thee.

—Mary Rowles Jarvis

What shall the believer do in times of darkness? Sit still and listen. Let him trust in the name of the Lord and rely upon his God. Let him just sit still, as the Scripture says—be still and listen. The first thing to do is to do *nothing*, to stand still. That goes against human nature, but that's the wise thing to do. There's a saying, "When you're rattled, don't rush." In other words, when you aren't sure you know what to do next, don't rush blindly into anything, hoping for the best.

There have been times when I have run into a spiritual fog and I have wanted to do something so badly in my own strength. I've felt that I had to unsnarl the tangled wires or find the solution to a problem; that I had to *do* something. My human energy felt like it had to rush out and take care of the problem. But I have learned that while sometimes human energy may help a little, it is far better to anchor my boat and let it swing upon its

moorings for a while and simply trust God!

Be still and see what God will do. It is when we are quiet and trusting in God that He can work. Worry often prevents Him from doing all that He can. If our minds are distracted and our hearts are stressed, we're not in a position where He can do much for us. The peace of God must quiet our minds and bring rest to our hearts.

Put your hand into the hand of God, and let Him lead you out into the bright sunshine of His love. Be still. Let Him do the work for you. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving"—by getting still before God—"let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philippians 4:6-7). ↵

## IT HAPPENED TO ME

By Chuck Delgado, as told to Nyx Martinez



# My First Miracle

**WHEN I FIRST MET A COUPLE OF VOLUNTEERS FROM THE FAMILY INTERNATIONAL SOME YEARS AGO,** I invited them into my home when they needed a place to stay, and I let them conduct Bible studies in my living room. I didn't immediately grasp everything they told me about Jesus, however. I read the inspirational materials they gave me, but I remained skeptical and somewhat distant.

Then something happened that changed all that.

One morning while out for my daily jog, I doubled over from a stabbing pain in my back, which had begun a week before. The pain did not subside, but rather intensified. That night I developed a high fever. I went to the hospital for an examination and explained my symptoms—

blood in my urine, pain, fever. The preliminary diagnosis was a serious case of kidney stones. More tests were done, and I was told to come back the next day for the results.

Sick in both body and spirit, I went home to rest. There I told the visiting volunteers about my suffering. They offered to pray with me, but I stubbornly told them, "No, I don't think I have enough faith."

They just smiled and said, "Okay, we'll pray for that, too!"

And so they did. They prayed for my quick and complete recovery from what was ailing me, and for me to be cured from unbelief. They read Scriptures on healing and claimed them as though they were promises God had made directly and specifically to me.

At the end of the day, I found myself reading those verses over and over, and slowly I began to feel at peace. Something new, a tiny seed of faith, was taking root in my heart.

The next morning I felt much better, so I went first to work at my office, and then to the hospital for more tests. The doctor was clearly confused as he kept rereading the test results. Finally he handed them to me and tried to explain what I already knew—the X-ray showed nothing! Even the urine test (I had seen the red discoloration myself in the initial tests) was negative. I was healed!

The second set of tests was almost like a different patient's examination records, the doctor said. But I knew what had taken place. It could only be called a miracle. I had been jogging for a week with that pain in my back and now it too was gone.

The pain was gone, all the symptoms of kidney stones were gone, and they were replaced with *faith*. That evening when I read the Bible with Family members, I read it in a different light. It was no longer merely a source of intellectual stimulation but, as Jesus said, it was "spirit and life" (John 6:63). The words that had saved my life led me into a wonderful new one. ↵

Chuck Delgado and Nyx Martinez are members of the Family International in the Philippines.

# ANSWERS TO YOUR QUESTIONS

## IS ONE PRAYER ENOUGH?

**Q: WHAT SHOULD I DO IF I PRAY AND DON'T GET AN ANSWER RIGHT AWAY OR SOON? IS ONE PRAYER ENOUGH, OR SHOULD I KEEP PRAYING UNTIL GOD EITHER DOES ANSWER OR MAKES IT CLEAR THAT, FOR WHATEVER REASON, HE'S NOT GOING TO GRANT MY REQUEST?**

**A:** Prayer is an act of faith; we pray because we believe that God can and will answer. But sometimes God doesn't answer as quickly as we would like or expect Him to, and this *tests* our faith. When we continue to pray in such cases—not with a doubting, accusatory, “Why haven't You answered?” attitude, but with an “I'm still trusting You to answer in Your good time” attitude—we show God that we haven't lost faith.

There are certain situations, however, when it's time to stop praying at least long enough to take stock. Some situations change over time, and we may need to alter or refocus our prayers accordingly. Other times God doesn't answer our prayers because we are asking for the wrong things or with the wrong

motives—(James 4:3). Or we may be praying for the right things with the right motive, but God's hands are tied, in a sense, due to other people's wrong choices, since God gives each of us free will. In such cases it would be better if we prayed instead for God to either correct that problem or help us make the most of a bad situation. Or God may be using the situation to teach us something—patience, for example: “Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience” (James 1:2–3). Yet other times God's answer is already on its way but we can't see it yet, and in such cases He wants us to demonstrate our faith by “counting it done” and thanking Him for the answer even before it arrives. God also

motives—  
“You ask  
and do not  
receive,  
because you  
ask amiss”

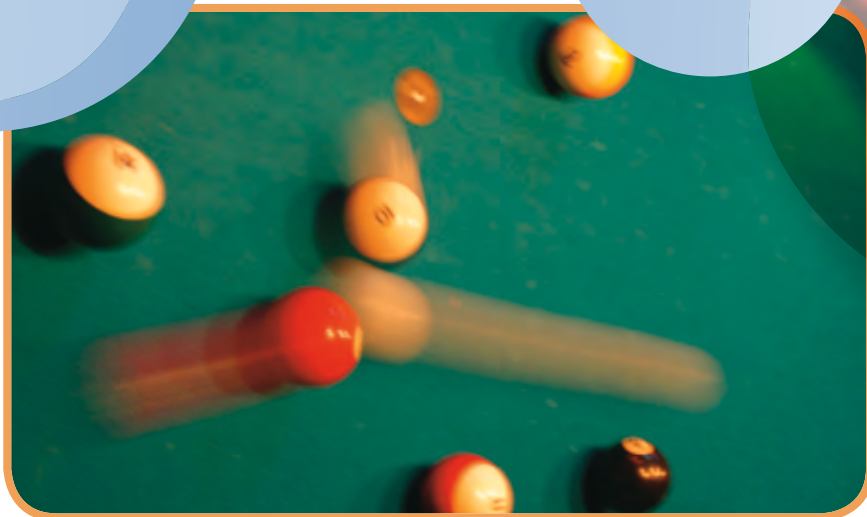
sometimes answers in a way that may be different than what we requested but is actually better for us, and we need to recognize when that happens.

Whatever the case may be, God can show you not only whether you should continue to pray in that particular situation, but also how to pray most effectively. Once you're sure that your prayers are on target, you can also be sure that God will answer them when He knows the time and circumstances are right. “This is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him” (1 John 5:14–15).

In the meantime, keep trusting God and believing in His promises, love, power, wisdom, and desire to give you His very best, and you will never be disappointed. ↩

By David Brandt Berg

# PRAYER POWER



**T**HE LORD LEAVES A LOT UP TO US AND OUR CONCERN AND PRAYER. If we only pray halfheartedly, we only get half an answer. But if we pray with our whole heart, we get a wholehearted, strong answer. If we turn it on real strong, then it reflects strong. Like a beam of light focused on a mirror, prayer will reflect or be answered with the same intensity that it originates with. It will bounce back with as much power as it began with.

The Lord leaves a lot up to us—our faith, our prayers and what we want done. If we stir ourselves to pray for a needy person or situation, then God will stir Himself to do

something about it. A lot of people have a lazy attitude and seem to think the Lord will do it all no matter what, but the truth of the matter is, a lot depends on us. He wants us to show concern and pray, and to be specific about what we want Him to do.

If we really believe, every prayer is heard and answered. But if we don't pray, it is not done. An awful lot depends on us. We

need to visualize the people we're praying for and pray specifically for the Lord to do this or that for them.

The very intensity with which we pray and really mean it or desire it is reflected in the answer. Like a radio beam that hits a satellite, our prayer is reflected according to the intensity of the original beam. The power with which it is sent determines the power that is reflected and the power that is





received. The result of our prayer—the answer or help that the person we pray for receives—is determined by the power of our prayer for him. He is not going to receive any more than we send.

Why do certain answers take longer to come than others? Some prayers are like radio waves being bounced off a distant planet: It may take years to get the answer, but it *will* eventually come.

Also, while we would like for our prayers to be answered immediately, the Lord may know that it's not the best time. It's sort of like sending a spacecraft to the moon, the timing of which is dependent on both the position of the earth and the position of the moon. Why do they pick a certain day to send it? Because the moon needs to be at its closest point to the earth when the spacecraft arrives, so that when it's time to leave, the moon will still be close enough for the spacecraft to get home.

The game of pocket billiards, or pool, also makes a fitting analogy. There are a number of variations of the game, but all are played on a six-pocket billiard table and have the same basic object: to use a cue ball to knock other balls into the pockets.

The player controls the original force and direction in which the cue ball is set in motion, and that determines everything else that happens. The most common variations of the game start off with 15 numbered object balls arranged in a tight triangle toward the far end of the table. One player takes the opening shot, or break shot, to scatter the balls around the table. Then each player, in turn, tries to

knock as many of the object balls as he can into the pockets. He is not allowed to move any of the balls by hand from the positions they land in—not even the cue ball, except in special situations. He must try to shoot the cue ball in such a way that it strikes another ball at just the right angle to knock it or one of the other object balls into a pocket, using one or more of the side cushions, if necessary.

Prayer works much the same way. God wrote the rules of the game, and He fired the break shot. People and situations are out there in the positions He destined them to be in, and we have to play by His rules. He sets the original scheme of things, and we need to try to do something with what He has set up.

The position of each of the people or situations involved has a major bearing on what happens next, but the way in which we pray for them also helps

determine the outcome. The way we word or express our prayer and the way we ask God to answer are like the way we hit the cue ball. The force, the angle and the spin we put on it all work together to help determine the outcome.

Depending on the variation of the game that is being played, the players must hit the numbered balls into the pockets in a certain sequence. They can't hit a certain ball into a pocket until its number comes up, and of course the One who created the game numbered the balls.

As one of the players, you don't control where on the table that numbered ball or the cue ball are going to be when it's your turn to shoot. Those factors are determined by the way the balls were scattered in the first place, and what's happened since then. You have to wait until the cue ball and your target ball are in good positions in relation to one of the pockets, and then you must shoot just right to get the target ball to go where you want it to.

The lead player is God. He made the break shot

**GOD WROTE THE RULES OF THE GAME,  
AND HE FIRED THE BREAK SHOT.**

that scattered the balls originally. Shot by shot, He and you and the other players keep changing the position of the balls. The only difference is, God is not trying to beat you. He's actually trying to help you win, if you're on His side.

It's like playing doubles: Your partner is God, and your opponents are the Devil and his ilk. Your partner, God, tries to set up your next shot for you. But of course, it doesn't matter how good God sets things up, if you don't shoot straight, it won't do any good.

And no matter how good your aim is, that target ball (the person or situation you're praying about) has to be in a certain position for you to be able to hit it right. You may be doing everything right, but if the path to the object of your prayer is obstructed, your prayer is not going to get through. A lot depends on the recipient of your prayers, too. To get the benefit of your prayer, *you* have to be in the right position and *he* has to be in the right position.

Let's take radio waves for another illustration:

Say you're going to send a radio message via satellite, for someone on the other side of the world to pick up. First of all, your transmitter won't have any power unless it's plugged into the current. Next, your transmitter has to be in good condition. If it's faulty or out of whack or tuned to the wrong frequency, it won't transmit properly and it won't get the message through clearly. Also, the antenna has to be aimed so that the message is beamed in exactly the right direction to hit the relay satellite.

In this illustration, you are the transmitter and antenna, the Holy Spirit provides the power, and God's will is the satellite. God controls and limits the direction of your prayer, in a sense, because if you don't beam it in the general area of His satellite, it will miss altogether. The satellite of God's will is on a fixed orbit that you can't change—like God's overall plan that is fixed. You must use your antenna to aim your prayer within the limits of that fixed orbit. It

won't do a bit of good if you're firing off in some other direction. You've got to be on target.

If you're in tune, the Holy Spirit directs your prayer. If your set is automated so that the Holy Spirit is in control, then it's automatically tuned just right—power, beam, direction, everything—by the Lord's own computer, and it can't miss! But if you've been fooling around with the dials and the settings, you can mess up the whole works by trying to do it *your* way. Also, the satellite of God's will has to be in just the right position to bounce it down to the intended recipient, and the recipient has got to be in just the right position and have his receiver turned on in order to receive it.

There are several factors that affect the whole process of prayer, any one of which could explain why we don't always get the answer we ask for right away. The trouble may be with us, or maybe it's not God's time because His satellite isn't in the right position yet, or the trouble may be at the other end.

Prayer depends on these four principal factors: your position, God's position, the

position of the person or situation you're praying for, and the way you pray.

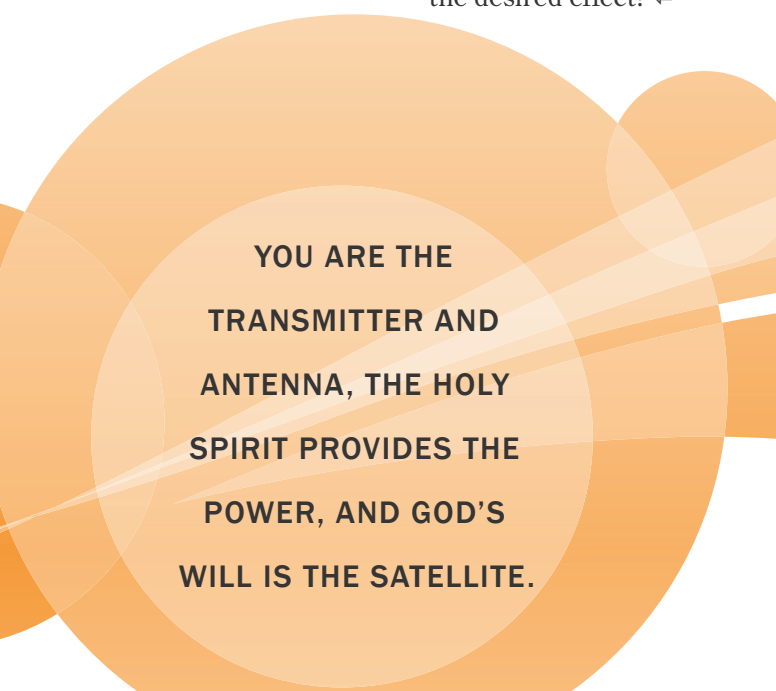
In the pocket billiards illustration, it depends on the positions of the cue ball, the target ball, the pocket, and the way you shoot. You don't control the outcome completely, the person you're praying for doesn't control it completely, and God has specifically limited Himself not to control it completely, but to let it be affected by these other factors.

In the radio transmission illustration, the position of His satellite is set, but how it is used depends on you and the recipient. In other words, God has set the position of His overall plans, but how you fit into the plan depends on your

position, the position of the person or thing you're praying for, and whether or not your beam is aimed right to hit the satellite.

So God has left a lot up to *you* and a lot up to *them*. He will always do His part. His orbit is set, and His satellite will always be where it's supposed to be at any given time. So the only things that will change the outcome are your position, the recipient's position, and the power and direction of your transmission.

So that's how prayer works. If it's according to God's will—what He knows is best for everyone concerned—and you and the object of your prayer are in the right position and you aim straight, your prayer will hit the target and have the desired effect! ↩



**YOU ARE THE  
TRANSMITTER AND  
ANTENNA, THE HOLY  
SPIRIT PROVIDES THE  
POWER, AND GOD'S  
WILL IS THE SATELLITE.**



## FEEDING READING

## MEDITATIVE PRAYER

**MEDITATIVE PRAYER BRINGS US INTO GOD'S PRESENCE.**

Psalm 4:4

Psalm 46:10

Psalm 63:5-6

James 4:8

**MEDITATING ON THE LORD BRINGS FAITH, HOPE, AND PEACE OF MIND.**

Psalm 16:8-9

Psalm 104:34

Isaiah 26:3

Isaiah 30:15

Philippians 4:6-7

**MEDITATIVE PRAYER PUTS US IN POSITION TO HEAR FROM HEAVEN.**

Job 37:14

Jeremiah 29:13

Jeremiah 33:3

Matthew 6:6

**MEDITATE ON GOD'S WORD.**

Joshua 1:8

Psalm 1:2

Psalm 119:15

Psalm 119:99

Psalm 119:148

1 Timothy 4:15

**EVEN JESUS NEEDED TIMES OF PRAYER AND MEDITATION.**

Mark 1:35

Mark 6:46

Luke 5:16

Luke 6:12



PART

THE

*woman*

THE PRINCE

*and* THE DRAGON!

By Scott MacGregor

### *The story so far...*

A mysterious woman in the heavens gave birth to a child who was destined to rule the world—a child we soon realized was Jesus. The seven-headed dragon (also referred to as “the serpent”) was soon identified as Satan. The dragon tried to kill the child, but was prevented from doing so when the child was taken up to Heaven.

The dragon and the fallen angels who follow him were then cast down to the earth, after losing a great war in the spirit world. Satan was now on earth, no longer able to have access to the courts of Heaven where he had previously been the great accuser, and he was extremely wrath because the time that he would be

allowed to cause hell on earth was very limited.

While in the heavenlies, he was pictured as a seven-headed fiery red dragon. On each head was a diadem, or crown, symbolizing that each head was a king or kingdom. In the next chapter of Revelation we are told of a dreadful beast that also has seven heads, and in chapter 17 we are told plainly that these heads represent seven kings or kingdoms. At the time of John, five of these kingdoms had already fallen—that is, they had already come and gone—

one was existing in his time, and the last was yet to come (Revelation 17:10).

When we correlate this information with the book of Daniel, we can draw the conclusion that the five kingdoms denoted as “fallen” were, in chronological order, Egypt, Assyria, Neo-Babylonia, Persia, and the empire of Alexander the Great. All these had at times enslaved or conquered or been otherwise the masters of the Hebrews (later called the Jews), who were the people God chose to work through during the Old Testament era. The empire that was in power when John received this vision and wrote the book of Revelation was Rome, which had dominion over both Christians and Jews.

The one that “is to come” will be the final empire of the Antichrist.

From Rome until now, no empire has had dominion over all the world. (Of course, neither Rome nor its five predecessors had dominion over the entire world, but rather the known Western world or what was, from the Jewish perspective, considered civilized or important enough to be conquered.) This final empire of the Antichrist, however, seems to be global. “Authority was given him over every tribe, tongue, and nation” (Revelation 13:7). So for one last time all or nearly all of God’s people will initially be under the dragon’s authority in the person of the Antichrist, but not necessarily under his dominion.

We also find out that the beast of Revelation 13 receives its power from the dragon (Revelation 13:2). So the seven heads of the dragon can be understood to correspond on a spiritual plane to the seven heads of the beast. And we are further told that the dragon, when he is cast down to earth, will inhabit the body of the man who will lead the final empire.

The dragon, through the Devil-possessed

Antichrist, turns upon the woman and she is given wings to escape into the wilderness, where she is fed and protected for three and a half “times.” Repeatedly we are told in Revelation and elsewhere in the Bible that the period of Great Tribulation will be 1260 days. We were told this in verse 6 of chapter 12, and we are told it more cryptically in verse 14. When 1260 is divided by  $3\frac{1}{2}$ , it comes to 360, which was the length of the ancient Hebrew year. So “times” means “years.”

### *The story resumes...*

(Starting with Revelation 12:15.) The dragon spews out a flood to try to drown the woman, but the earth opens up and swallows the flood, and the woman is saved for now. What could this flood be? We know the Devil is a liar. In fact, Jesus called him the *father* of lying. “There is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it” (John 8:44). So if the Devil is living up to his reputation, then this flood could well be a flood of lies and propaganda against the woman. But, as so often happens with bad publicity, it is in one ear and out the other for the jaded public, who have heard it all before. It falls to the ground and is soon forgotten.

And they [God’s Endtime believers] overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death. Therefore rejoice, O heavens, and you who dwell in them! Woe to the inhabitants of the earth and the sea! For the devil has come down to you, having great wrath, because he knows that he has a short time.

Now when the dragon saw that he had been cast to the earth, he persecuted the woman who gave birth to the male Child. But the woman was given two wings of a great eagle, that she might fly into the wilderness to her place, where she is nourished for a time and times and half a time, from the presence of the serpent. So the serpent spewed water out of his mouth like a flood after the woman, that he might cause her to be carried away by the flood. But the earth helped the woman, and the earth opened its mouth and swallowed up the flood which the dragon had spewed out of his mouth. And the dragon was enraged with the woman, and he went to make war with the rest of her offspring, who keep the commandments of God and have the testimony of Jesus Christ.

—Revelation 12:11–17

Even in the midst of this terrible time, the woman is fed and kept safe and away from the Devil in some place called “the wilderness.” What is the wilderness? It is a place, apparently, where the Antichrist can’t get to her, where his authority doesn’t seem to extend. It could be a literal wilderness—a place away from civilization—but it is more likely symbolic of any place beyond his effective reach, such as in developing countries where the lack of technological advancements would prevent full-fledged adoption of the Antichrist’s “mark” and global credit system.

There are some others, however, who keep God’s commandments and believe in Jesus who are a little more in reach. These are those who have remained in the Antichrist’s strongholds to carry out the important job of bringing twin truths—salvation in Jesus and the damnation of the Antichrist and his fanatical followers—to those who still want to know where the truth lies. The Antichrist will declare such people to be subversives, outlaws, and enemies of the state because they refuse to kowtow to his devilish tyrannical rule, and he will unleash persecution against them.

But the so-called subversives will win and the Antichrist will lose. As history has shown, though Christians have been viciously persecuted time and again, they have always emerged victorious in the end, while the regimes of their persecutors have been consigned to the dustbin of history. God cares for His people, and they will come through victorious, despite a difficult three and a half years and the most monstrous of enemies.

### **Who is she?**

Who is this mystery woman? We know that she is persecuted during the Great Tribulation, so obviously she has to be alive then. And yet she was alive back in the day when Jesus was born. Therefore the woman is not one mere mortal, but something much greater.

Jesus was, in a sense, born from the body of believers. This body still lives today and will live right on through the Great Tribulation. She is a wonderful woman, clothed in sunlight and with stars in her hair. If you have received Jesus as your Savior, then you are a part of this woman, the True Church, the body of believers! ⇐

## QUOTES ON MEDITATIVE PRAYER

The quieter the mind, the more powerful, the worthier, the deeper, the more telling and more perfect the prayer is.

—Meister Eckhart

How often do I come to God not with consumer requests, but simply with a desire to spend time with Him, to discern what He wants from me and not vice versa?

—Philip Yancey

Though my needs may drive me to prayer, it is there I come face to face with my greatest need: an encounter with God Himself.

—Philip Yancey

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

—Philippians 4:8

Turn your eyes upon Jesus,  
Look full in His wonderful face,  
And the things of earth will grow  
strangely dim, In the light of His  
glory and grace.

—Helen H. Lemmel



## A perfect day

By Joyce Suttin

**T**ODAY WAS PERFECT! It wasn't a perfectly lazy day (I've enjoyed a few of those, sleeping late and not doing much of anything), or perfect in terms of accomplishments, or without its problems. Still it was so perfect from start to finish that I now feel compelled to retrace my steps and try to figure out what made it that way. Maybe I can make it happen again.

I woke early and greeted the new day with a two-mile walk, thanking God for my loved ones and praying for them as I got both body and spirit going. Afterwards I slowly read some devotional material, contemplating what I read and praying that it would change me. I listened to recordings of some beautiful songs, and their lyrics of praise to God filled my soul. I spent a few more moments feeling Jesus' loving presence and watching as a prism hanging in the window caught a sunbeam and sent ethereal rainbows floating around the room.

After breakfast I planned the coming school year and ordered study materials for my homeschool students, and then helped them with their first, seventh, and ninth grade classes. It was a very full morning, but surprisingly free of pressure. That time I had taken with Jesus surely paid off.

I was beginning to sag as I cut vegetables for lunch, but I found myself thanking God for how He always supplies an abundance of healthful food for us, and I thanked Him again for my family and their good health. My hands were busy, but my heart and mind were far away, sitting at Jesus' feet and enjoying sweet communion with Him. That was just the boost I needed.

I listened to some uplifting piano music as I did an errand in the car. I kept pace with the traffic, but without the usual tension in my shoulders. An elderly man driving the car ahead of me made a slow turn, which aggravated some other drivers, but I found myself praying for the man and thanking the Lord that he was still able to get around at his age. I also thanked the Lord for keeping me safe on the road.

Back home, between email, phone calls, and a short visit from a neighbor, I cooked, cleaned, and spent some extra time with my teenage son. Sometimes I worry about him, but as we sat together and he shared his opinions, concerns, and dreams, Jesus helped me see a sweetness and depth in my son that I sometimes overlook.

My husband and I went for an evening walk, and as we held hands and watched the setting sun paint the clouds lavender and pink, we counted our blessings together.

I know I can't expect every day to be so perfect, but I now know how to increase my chances: I'll take time to connect with Jesus and renew that connection throughout the day by turning my thoughts to Him and His goodness. ↵

Joyce Suttin is a member of the Family International in the U.S.

# Rest IN ME

I love it when you take time to commune with Me. There don't even have to be words, prayers, or praises involved. We can commune in spirit if you turn your thoughts toward Me and let your mind and spirit dwell there.

We can be like two lovers who are happy at the thought of just being in each other's presence, no words passing between them. They hold each other and gaze into each other's eyes, and that is communication enough. Their hearts get on the same wavelength. They don't need to communicate verbally because their closeness lets them know what the other is thinking. It can be the same with you and Me. You start out by praising Me or thinking about Me, turning your heart toward Me and meditating on My goodness to you. As you do, we will start to connect in the spirit.

It takes peace and contentment of spirit to create this link with Me. Often the connection won't happen if you are worked up or worried about other things. It's like learning to float in water. If you struggle, the balance will be upset. You will break the connection with Me, and you will "sink." But if you lie back and focus on relaxing every muscle in your body, shutting out the noise of the world, you'll find that the water holds you up perfectly. It is such a wonderful feeling!

I want you to learn how to enter that state of full relaxation of mind and body, your thoughts filled entirely with Me. That is where I can minister to your spirit more directly, guide you in important matters, and give you solutions to your problems.