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OUR MISSION:

OSL empowers God's people throughout the world with Jesus' healing ministry, by:

- Training in the healing ministry of Jesus.
- Learning to pray for others.
- Providing opportunities to experience the healing power of Jesus.
- Empowering you to confidently pray for anyone, anywhere, anytime in the name of Jesus.

OUR VISION:

Individuals, communities and nations made whole, free of sickness, through Jesus Christ.

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KING OF HEARTS



REV. JOSH ACTONNorth American Director

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths" (Proverbs 3:5-6).

Many of us feel stuck in our spiritual walk. Why? Because we "lean on our own understanding." We place too much value on what we think about something. We assume our thinking is extremely trustworthy. It's not.

First of all, the faculty of understanding, your "understander," as it were, is not your brain but your heart. Your heart is the center of your being and your real faculty of understanding.

Don't lean upon your thinker, and don't give too much credence to whatever B movie is playing in your head right now. When it comes to matters of faith, don't let your head have a say at all. That channel has been seriously compromised by the world, the flesh and the devil.

"Hear the word of God!" He speaks to you, Jesus says, and you will hear his voice. "My sheep hear my voice." Literally, it means "my sheep are hearing my voice," referring to continual hearing. As he guides you, do what he's saying before your head talks you out of it. Remember Peter walking on water? When he walked by faith, focusing on Jesus, he walked above the waves. When he began to take counsel from his own understanding, he sank into the sea.

When you hear from the Lord, you will quickly be influenced by the made-up, fictional story going on in your head. We will come to believe this false narrative rather than believing Jesus.

The real story, the real understanding, is coming from your heart, where Jesus is speaking with you. What he is saying may not make a whole lot of sense to your head. Your intellect may be frustrated by what your heart is saying.

I want to clarify that I'm not against using our brains. Alone, our heads cannot attain truth. It can't get us to the "real." My mind can only approximate truth, but my heart can receive it directly from the Source.

"Take delight in the LORD, and he will give you the desires of your heart" (Psalm 37:4 NIV).

A life of faith is a life lived within the heart out to the world. Most live from the outside in, continually reacting to outside events, circumstances and our thoughts. Follow the leading of His peace from within your heart, the internal compass of our lives. Jesus reigns from within and continues to move outward in waves of love.

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful" (Colossians 3:15 NIV).

"But set Christ apart as Lord in your hearts" (1 Peter 3:15).

f you have ever felt anxiety, worry, or nervousness during difficult or uncertain times, you need to know that you are not alone. During uncertain times such as the Covid-19 situation, you may feel an increase in anxiety symptoms such as butterflies in the stomach, restlessness, being on edge, irritability, and sleep problems. In fact, calls to the U.S. government-funded Disaster Distress Helpline, which offers counseling and emotional support,

Overcoming Anxiety During Uncertain Times

BY CRAIG MILLER

surged 335 percent from March through July of 2020. People feel better when they have stability and control of their environment and future. Feeling less control over your circumstances or future often increases a sense of instability, helplessness and fear of the unknown. Even when you pray and read not to be anxious in Matthew 6:34, it can become frustrating and disappointing when feelings of anxiety do not go away. The good news is I would like to tell you about ways to overcome anxiety during these uncertain and difficult times.

Overall, the feeling of anxiety can be a healthy reaction when you are taking a test or starting a new job, and as a form of warning during a threatening or fearful situation. A simplistic way to describe a difference between healthy and unhealthy anxiety is that healthy anxiety typically should stop once the anxiety-producing event is over. It is generally unhealthy when symptoms do not stop, become intense or overwhelming, even when the event is over.

Suppose anxiety does not stop or becomes more intense during uncertain times. In that case, it is important to determine the reason for the continued reactions of fear and helplessness that are causing anxiety. Often the level of emotional reactions in adulthood is formed by one's early life experiences in childhood. In his book, Mind as Healer, Mind as Slayer, Dr. Kenneth Pelletier writes, "stressful experiences, especially in childhood, create within you certain methods of coping with your problems which become the routine for how you will handle stress [emotional issues] later in life." For example, a woman who experienced fear and uncertainty during childhood because of her parents' frequent arguing also experienced more intense fear and anxiety during the uncertain times. In my sessions with the woman, she realized she did not have any control over her parents' arguing during her childhood, which consequently created more anxiety from her inability to stop the parents from fighting. As a result, these past-unresolved feelings of anxiety increased her current fears when she could not control current situations.

Your lifestyle can also greatly influence how you emotionally react to life's situations. For example, a man told me his anxiety and fear of the future disappeared after I recommended he stop talking to others about negative world events, stop watching negative daily news programs, spend more time enjoying his family and become more involved in his personal faith activities, such as prayer and reading the New Testament.

When disappointments and losses happen during difficult times, additional trauma such as losing a job, a loved one, or income, all can create more burden, stress and anxiety. Additional support services, such as counseling, community resource programs, emotional or spiritual support groups and medication, can be very beneficial. The longer you feel uncertain, the greater the potential for fear and an increase in symptoms of dread, panic, weakened immune system and the susceptibility of other mind and body conditions such as depression, migraines, heart and digestive disorders and muscle tension. Research has shown that stress is a major component of anxiety and a factor in 75 percent of illnesses and diseases.

When you recognize your anxiety is becoming unhealthy, you may benefit from some of the following ways to change how you feel.

- 1. Recognize your symptoms of anxiety and the need to seek help.
- 2. Decrease (or eliminate) the flow of negative information you hear, see and talk about with others. "As you think inside yourself, you will become." This reminds us that whatever we take in will influence our mind and emotions.
- 3. Seek out groups, agencies and churches to support you with your emotional, spiritual, physical and financial needs.
- 4. Regular exercise will help increase blood flow and produce feel-good chemicals in your brain.
- 5. Seek positive-minded people and read or view positive movies, books and social media.
- 6. If your anxiety begins to interfere with your normal daily thoughts, emotions and functioning, seek healthcare professionals to explore the need for counseling and natural or prescribed relaxants.

The bottom line is when you feel ongoing anxiety that does not allow you to enjoy life because of difficult and uncertain times, seek ways to take back the control of your life rather than allowing the times to control you.



Craig Miller is a therapist, author, and speaker, providing ministry for mind/body healing. Visit him at www.insightsfromtheheart.com

THE BAPTISM OF THE HOLY SPIRIT LICALING A look through the healing miracles in the Scriptures, it

HEALING AGAINST ALL ODDS

BY LAURA SINCLAIR

miracles in the Scriptures, it becomes apparent that there is no one set way that Jesus heals. Sometimes it takes time; sometimes it is quick; sometimes there is the laying on of hands, and sometimes the person isn't even present. There is no one set formula for how God heals, which is probably a good thing because we are forced to rely on Him if we want to participate in His ministry.

Sometimes it takes a long time to heal and also a while to recognize that the healing has taken place. I previously had surgery to remove a pilonidal cyst, which is essentially a benign but infected cyst near the tailbone. The surgery went fine, the incision looked like it had healed, and then six weeks later when I returned to work, the wound opened back up. It had appeared to heal from the outside, but the inside was still not healed from the surgery. Over the next several years, I went to doctors and had treatments, all trying to get the surgical wound to heal. Eventually, the doctors and specialists had nothing left to offer short of scheduling a subsequent surgery.

About that same time, I was invited to an OSL healing conference. I laugh as I remember that I had been invited quite a few times fairly strongly by friends before I even agreed to attend. I was only vaguely familiar with OSL; I knew the name since I had attended several OSL healing services and requested prayer. At this conference, I heard about the Baptism of the Holy Spirit for the first time. During that weekend, I prayed, and we prayed for the Baptism of the Holy Spirit.

I didn't necessarily recognize that anything had changed, but things did begin to change for me—both physically and on a bigger scale. Six months later, I recognized that the wound from the pilonidal surgery had healed and that the healing had begun that weekend. Although that may sound hard to understand, with this and many

other types of physical conditions that come and go in severity, it can take a while to recognize that a healing has taken place. But it did heal, even though all odds were against it, even though the doctors said that it wouldn't heal and that there were no more options. God healed it.

What was so powerful was that God healed it, although I had strongly felt the Lord shared with me throughout the weekend conference that it was not about me and my needs. It was about something much bigger, about many other people and about His Kingdom work. On top of all of that, He still healed me.

At this same time, He also called me deeper into His ministry. It was not just something physical that happened but a calling forth into more of His work. In OSL, we learn that we all need inner healing throughout our lives, and though we may come forward for physical healing, it is often inner healing that may need to happen first. As we learn more about Jesus and His healing ministry, we see how much He wants to heal all of us. The Holy Spirit has the power to transform our lives.

It can be easy to get caught up in daily life and miss out on the answered prayers that take a while to manifest and be recognized. As our need goes away, we also might miss how He was working in it. I saw and implemented an idea to write down prayer requests on slips of paper and collect them in a box. (This could also be done using a notebook). From time to time, I would then open and read the prayer requests, finding answered prayers as I would go. We are forgetful creatures, and it can be such a testimony to God to sift through those requests and see how God has answered the prayers, both in expected and unexpected (but better) ways. When we take the time to recognize and thank God for the things that He is doing in our lives, especially the ones that take time, we open ourselves up to more of Him. I encourage you to take time to look back and ask the Lord to show you how He has been working over time to transform you.

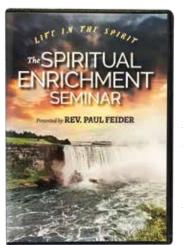


Laura Sinclair is a professional home organizer and teacher. In particular, she loves working with caregivers, chronic illness warriors and middle school parents, helping them solve their daily challenges. She is involved in both the OSL healing community and the 20s/30s group at her home church, St. Martin's in Houston, TX, where she organizes their monthly healing prayer services. Laura is a board member and Zoom administrator

for OSL's Region V. She loves to be outdoors and especially enjoys spending time with her goddaughters.

THE SPIRITUAL ENRICHMENT SEMINARS: AN INVITATION TO BAPTISM IN THE HOLY

BY REV. PAUL FEIDER



have come into communities of faith who have not received the outpouring the Holy Spirit. They were believers, but they were not empowered. I developed a six-week retreat series, The Spiritual Enrichment Seminars, to invite people to experience that outpouring.

helps them feel God's personal love for them, intentionally surrender their life to Jesus, take a moral inventory and confess if needed, and then pray for a full outpouring of the Holy Spirit. I have had an experience like this, and I have seen many people receive this infusion of God's love empowering them for ministry. If Christians are going to do what Jesus has commissioned us to do, I believe we have to receive this second anointing, this infusion of the Holy Spirit.

Churches might consider creating an occasion for adult members to prepare for and receive the full anointing of God's personal love, the Holy Spirit. If you are interested in this DVD series, the Spiritual Enrichment Seminars is available through OSLToday.org.



WHAT COLOR KNIGHT ARE YOU TODAY?

BY SARAN WARNE

Christians, we are called into "battle" on behalf of Jesus! The good news is that He has given us all we need to "fight the good fight" as Paul says (1 Timothy 6:12). My husband, better known as "Father Tom," is an Episcopal priest for a large church in the Diocese of Washington state. When Tom leaves to go into the church office each morning, he knows I ask him before he heads in, "What color knight are you today?" Sometimes he replies, "Today I am a blue knight," or "Today I am a gold knight!" This response is our "super fast" way to visualize the armor of Christ on our bodies to protect us against the unseen forces that "prowls around like a roaring *lion looking for someone to devour*" (1 Peter 5:8). This "armor of God" is MORE important than ever as we battle against the unseen enemy of the Coronavirus that is a worldwide pandemic. ALL of us are called to follow the instructions that the Word of God gives us to protect ourselves, our loved ones and those on the front lines of this battle, especially doctors and nurses who care for the sick.

The first step is to honor our Lord and Savior by giving Him the Glory of the day. "THIS IS THE DAY THAT THE LORD HAS MADE; LET US REJOICE AND BE GLAD IN IT" (Psalm 118:24 NIV).

The second step is to KNOW and SAY the promises of God and PUT THE ARMOR ON BEFORE YOU EVEN GET OUT OF BED! Ephesians 6:10-18 (NIV) gives clear instructions:

"BE STRONG IN THE LORD AND IN HIS MIGHTY

SHARING A JOURNAL OF CHRISTIAN HEALING

POWER! Put on the full armor of God, that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to STAND. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Sprit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests (especially now as we join in unity of voice and prayer to come against the Coronavirus, bind it in Jesus' Holy Name and send it to the pit where it belongs). With this in mind, be alert and always keep on praying for all the saints."

ALL of us are called to follow the instructions that the Word of God gives us to protect ourselves, our loved ones and those on the front lines of this battle, especially doctors and nurses who care for the sick.

This scripture "jumps off the page" now more than ever! Another helpful method to "suiting up" is to use the Godgiven gift of imagination and SEE the armor of God placed ON you; it takes ten seconds to "armor up"! This practice of being "fully dressed" as you prepare for your day can be fun, as sometimes I will see a "sparkly" armor suit or even a "rainbow-colored" set of armor on my body! Take a few moments and "see" your family members and friends all "suited up" as well!

The third step is the following "Armor Prayer" you can pray daily:

"I am thankful for the armor you have provided. I put on the girdle of truth, the breastplate of righteousness, the sandals of peace and the helmet of salvation. I lift up the shield of faith against all the fiery darts of the enemy, and I take in my hand the sword of the Spirit, the Word of God. I choose to use Your Word against all the forces of evil in my life. I put on this armor and live and pray in complete dependence upon YOU, blessed Holy Spirit." (You can also insert your loved ones' names after the "I put on _____" and insert their names as you repeat the prayer of protection.) May the Word of God from the book of Ephesians bless you and empower you to be bold in prayer so that when you go for a walk in your community or neighborhood, or even when you are driving around, you will feel protected. May you also be strengthened then to pray for others and ask for an additional release of an army of angels to fight on our behalf.

The fourth step is Action Prayer! When I go for a walk in my neighborhood, I simply ask God, "Wherever I walk or whatever home I pass, may there be an army of angels following me and being released and loosened on every home I pass to protect and guard against the virus and any other harm, in Jesus' name." Amen.

I would like to close this *Sharing* article with a blessing prayer that Russ Parker taught us recently at a healing weekend that was entitled, "The Power of Blessing."

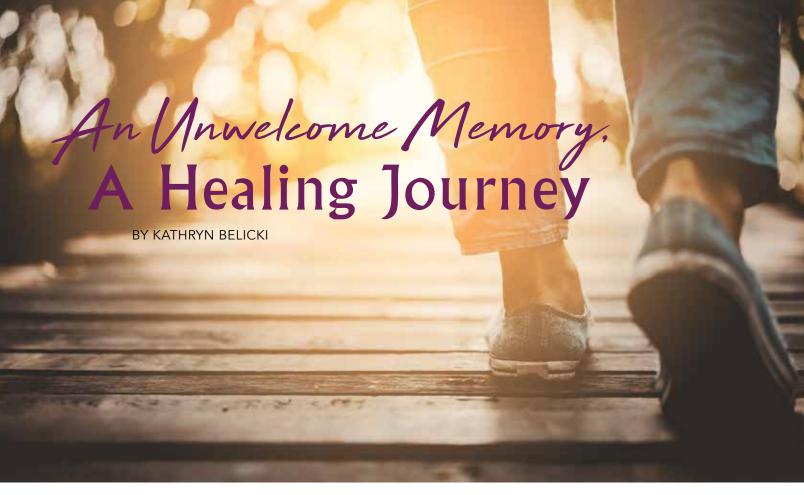
"I bless you in the name of Jesus to know God, his purpose for your life, and his blessings on you and your family and the situations of your life." Amen.

Let us ALL join together with the power of Jesus to fight this battle "armored up." Then go out to spread the power of God to bless others, with his army of angels following and fighting on our behalf! Thank you, Jesus, for your incredible love for every one of us and for being God WITH US, EMMANUEL, as we lean on you for strength, hope, courage and peace at this time of crisis in our nation and world. We know that you are more powerful than any disease or virus, and we ask in Jesus' holy name that you come against Covid-19 to destroy it once and for all.

LET IT BE SO!



Saran Warne is the Region 6 OSL Director and OSL Board member. She has been the Convener for the Church of Good Shepherd Healing Community for nine years. Saran and her husband, Rev. Dr. Tom Warne, live in Vancouver, WA, and have three boys: Will, David and Eli.



ne Friday evening in 1990, my husband and I were bowling fivepin with friends in what was becoming a weekly festivity. I must have missed out on the bowling gene. A win for me was getting the ball

down the alley without bouncing it into the gutter—or even into the next lane. That didn't stop me from having a whale of a good time. So it was that night I lined up the ball, let it loose, and—success! I even took a few pins out. As I swung back around punching the air, pain knifed through my ankle, ending the game. It was the first event in what would become a perplexing cascade of symptoms: joint pain, muscle spasms, profound muscle weakness, intractable skin rashes, problems with memory and speech. As a professor, the last two symptoms threatened to end my career.

My life centered on visits to medical specialists: neurologist, dermatologist, several rheumatologists, even a urologist. Eventually, I was diagnosed with systemic lupus—the disease of many faces, as it is called.

Some months after the onset that marked the end

of my bowling days, my husband and I met with our family physician. Frustrated and discouraged by the lack of diagnosis, we needed to vent. Our doctor was a devout Christian, and soon the conversation turned to the state of our spiritual health. When he heard of my lifelong experience of periodic anxiety and nightmares, he recommended I read a book on spiritual warfare, Bondage Breaker.

I'll confess that when I saw the book on our local Christian bookstore's shelf, I almost left it there. The cover and fonts were home-spun, and the description on the back suggested it provided a Christian version of cognitive behavioral self-help—and I had years of training in cognitive-behavioral therapy. At that moment, I shared Naaman's pride (2 Kings 5:10-14): What could this simple book offer me?

Well, as it turned out, it offered a new life! Naaman had his faithful servants; I had a Godly physician to whom I would have to confess if I didn't read the book. Praise God, who has such patience and forbearance and who works through people.

Two evenings later, I sat down and started reading. I quickly recognized the book was soaked in wisdom, and I became engrossed. Then, without warning, the very

air of the room throbbed with evil. If I had a fireplace, I might have thrown the book into it. I couldn't even summon a prayer but sat terrified, struggling to breathe. There then arose within me a God-given strength and resolve, and I flung out a silent challenge. If that's how it is to be, I will not leave this chair until I read the entire book!

God saw me through it all. He strengthened me, comforted me, equipped me, and granted me discernment so that I did not fall into the simplistic thinking that emerged at both poles of the debate.

And so it was that I, who normally went to bed early, sat late into the night, resolutely reading each page, inwardly trembling with fear while also shaking my proverbial fist. I did every exercise and prayed every prayer. I searched my life for times I had let evil in, and I identified the people I had failed to forgive. Declaring my willingness to forgive, I renewed my commitment to Christ and affirmed the blessings that thereby were conferred on me. As I prayed the last prayer of the book, it was as if the evil was vacuumed out of the air. I sat in sweet peace and realized that I had lived every minute of my remembered life in fear until that moment. This peace is what it is like to be unafraid, I marveled. I slept that night as I had probably not done since I was a baby.

I didn't get the swift physical healing I hoped for. That came gradually over the years. Looking back, I realize that the delay brought many blessings I would have missed had I been instantly healed. But I received a different blessing, one that would upend my life.

Two nights later, I had a dream in which I was in a hospital corridor waiting while staff readied a room for me. Through its door, I could see pristine white walls and a large sunlight-filled window with filmy white curtains. It was lovely. Then I noticed a grimy room

to the other side of the corridor. It was crammed with people like those in the community where I lived as a child; a neighborhood most would call a slum. I looked at the overcrowded room, so in need of thorough cleaning, and at the world-weary faces, and decided I couldn't go to that beautiful room and leave these folks behind. Instead, I squeezed my way into the waiting room and found a seat. Suddenly, everything went dark, as happens when I tightly close my eyes, and I felt myself being held down on the earth while being violated.

As I awoke, shaken, I recognized that the last segment was not a dream but a memory. Questions swirled through my mind: What happened? Where? When? As the pieces came together, I realized a gang of boys had sexually assaulted me in the playground when I was a child.

It was now 1991. At the end of that year, the Memory War would explode: a vicious legal-political battle over whether such experiences were, in fact, delayed memories or whether they were false memories (a type of fantasy). In my professional role as professor and researcher, I was thrust into a hostile debate when I just wanted to hide and heal. At least I received corroboration that a gang of boys had been attacking girls on that playground, and so didn't have to second-guess my memory. But what would follow would be some of the most challenging, traumatic—and inspiring—years of my life.

God saw me through it all. He strengthened me, comforted me, equipped me and granted me discernment not to fall into the simplistic thinking that emerged at both poles of the debate. On the personal level, He set me on a path to healing of mind, heart and spirit—a path I continue to walk, oh so gratefully. Most important of all, He taught me, a young Christian, that prayer was not about asking and getting (or not) but about deepening my relationship with Him through listening, sharing and hanging out with God—and thereby becoming more like the daughter that He created me to be. That is the greatest healing of all.



Kathryn Belicki, PhD, MTS, is a Professor Emeritus of Psychology at Brock University and long-standing member of the OSL. She has studied the topics of dreams, nightmares, trauma, grief and forgiveness. In the past, along with several friends, she has organized, hosted and given addresses at three conference retreats entitled Comfort and Hope (www.comfortandhope.ca). Recently, she has retired from academia to focus on writing and

public speaking. On April 18, 2021, she will be giving a talk as part of the OSL teleconference/ online series entitled "Memory for Trauma: A Primer."

The New OSL Online Center for Healing Prayer!

BY THE REVEREND SARAH BRONOS



is thrilled to be opening an Online Center for Healing Prayer! It will be a place to type prayer requests, find online OSL healing services to attend and request prayer from two OSL prayer ministers via Zoom Breakout Rooms. We are so excited to be expanding our ministry!

During the last several months, so many of our OSL healing ministers have found it difficult, if not impossible, to enter fully into that ministry into which they have been called. Covid-19 has shut down our in-person healing services and gatherings where we have been used to the laying on of hands, anointing and praying for healing for those in need of the Lord's healing touch.

However, this season the Lord has expanded the ministry in ways we could not have imagined. Just as he healed the centurion's servant and the leper from a distance, he uses the internet so that his healing ministers extend his healing grace to people who are physically distanced but close to the heart of God. There are no barriers, whether physical, geographic or time, that can withstand the healing power of God.

We have witnessed God's healing during Zoom and Facebook Livestream healing conferences and services both while those events are taking place and also when people are watching after the fact. Our Lord is, of course, sovereign over all time and space!

Even when we are once again able to meet in person to pray for healing, the Lord will continue to use this medium to reach so many more people around the world than we can reach within our close communities.

To this end, we have been called to develop an Online Center for Healing Prayer, www.onlinecenterforhealingprayer.com where people can access prayers for healing in three different ways:

• Healing Services: The website has a calendar page containing links to various online healing services. If your healing community is involved in a healing service via Zoom, Facebook Livestream, or another online format, please send that information to oslonlinehc@gmail. com to be included in this calendar resource. (Please refer to the Healing Services calendar to see the kind of information required to post such events.)

- **Prayer Requests:** The website has a Prayer Request page set up like a prayer wall or online corkboard, where people can post prayers for themselves or others. We hope that different healing communities will schedule to monitor the wall one or two days a month, and to respond in writing on the prayer wall.
- Prayer Rooms: On the Prayer Room page is a link to a Zoom prayer room and a calendar that will show when the prayer rooms are open. When a prayer room is live, supplicants will be able to enter a Zoom waiting room. An OSL member will greet them and then place them in a breakout room where a team of two OSL healing ministers will meet to pray with them. Anyone from across the globe will be able to do a Google search for prayer, enter a prayer room and be prayed for by a team of OSL members who might themselves be in different parts of the country/world. Such healing ministers will need to have some training in the different types of healing prayer (prayer of command, inner healing prayer, prayer of blessing, breaking of vows/curses, etc.) The teams might comprise an experienced prayer minister and one who is being mentored, or two experienced prayer ministers. An online application will be made available for people interested in being prayer ministers in this venue.

To equip our prayer room healing ministers, Rev. Josh Acton is available to come to your healing community Zoom meetings to teach on the prayer of command. Rev. John Rice is available to come to your healing community Zoom meetings to teach on the prayer of blessing. Pastor Sharon Lewis is leading an online School for Inner Healing Prayer March 4–6 and May 17–19.



The Rev. Sarah Bronos is an Episcopal priest in the Diocese of Central Florida and has been involved in the healing ministry for over twenty years. As Rector of Church of the Good Shepherd in Maitland, Florida, she encouraged parishioners to begin an OSL chapter of which she was chaplain and held regular healing services and annual healing missions. As a retired priest, she was called to start a new OSL chapter at Church of

the Ascension. She is currently the Retired Associate for the Healing Ministry at Church of the Ascension and Chaplain of the Healing Hearts and Healing Hands Chapter of the Order of St Luke in Orlando. Rev'd Sarah also has an audio recording ministry of Morning Prayer and Compline that can be found in iTunes Podcasts at Prayer Time.

OSL SUGGESTED READING

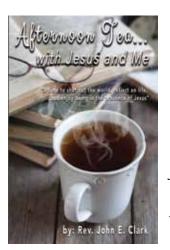
There has been a number of exciting, new releases available on our online store, www.osltoday.org/store.

It is with great enthusiasm, we share excepts from some of our most recent favorites in the hopes we can help to guide you on your literary journey towards learning more about yourself and Christian Healing.



Afternoon Tea with Jesus and Me

BY REV. JOHN C. CLARK



"Afternoon Tea... with Jesus and Me" is a collection of thoughts and reflection on life while enjoying afternoon tea with Jesus. Sometimes there are moments of great revelation; other times, it is a gentle feeling of peace filling the moment. There is no special place required to physically go for afternoon tea. What's critical is being in a place where you can be still

and get away from the madness of life. There is no other agenda other than to be in that moment with him.

SPIRITUAL HEART SURGERY

ne day last week I woke very early and as I sipped my first cup of coffee, the Holy Spirit whispered softly to me, heal the heart. This message of need was clear to me. But the identity of the person I should pray for was a bit fuzzy. As I prayed the message came to me with more clarity. Pray for spiritual heart surgery. I continued to pray, and God reveled the identity of the person in need. It was me! Every day my heart is being battered and bruised while fighting a spiritual war in a broken world. On that morning I had become collateral damage in a spiritual war. Because of that damage, I had actual moments being cold and indifferent to those I was called to help. While helping others, my own spiritual health had been neglected. I continued to pray asking God for a renewal of the joy of my salvation. At that moment my heart was cleansed and the spirit within me was renewed.

PERSONAL REFLECTION

Create in me a pure heart, O God, and renew a steadfast spirit within me (Psalm 51:10).

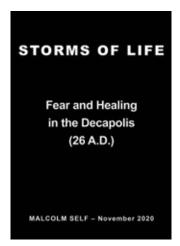
Spiritual Heart Surgery

Are there times in your life that things just don't go how

you want them to go? And if this happens for a period of time, it seems like frustration builds up and lashing out at anyone can happen. Are you frustrated and finding more negative thoughts than positive thoughts in your life? Are you removing all negative thoughts in your heart? Those thoughts that can easily cause you to speak poorly of others. Jot these negative thoughts down. Give them to God and ask Him to give you a clean heart and to renew your spirit.

Storms of Life: Fear and Healing in the Decapolis (26 A.D.)

BY MALCOLM SELF



In this study guide, Malcolm brings alive one of the powerful healing stories of Jesus. His background study provides a meaningful setting for the events that occurred that day when Jesus calmed the sea and healed the demoniac. His reflections on the feelings of the disciples pull the reader into the story and the questions at the end of the chapters invite deeper pondering and opportunities to

share with others. This book offers a fresh way of experiencing this incredible miracle of Jesus.

All sales of Storms of Life: Fear and Healing in the Decapolis are donated to OSL.

THE STORM (TEST OF FAITH)

Mark 4:37-38

nd there arose a fierce gale of wind, and the waves were breaking over the boat so much that the boat was already filling up. 38 And He Himself was in the stern, asleep on the cushion; and they awoke Him and said to Him, "Teacher, do You not care that we are perishing?"

Luke 8:23-24

23 But as they were sailing along He fell asleep; and a fierce gale of wind descended on the lake, and they began to be

swamped and to be in danger. 24 And they came to Him and woke Him up, saying, "Master, Master, we are perishing!"

Matthew 8:24-25

24 And behold, there arose a great storm in the sea, so that the boat was being covered with the waves; but He Himself was asleep. 25 And they came to Him and woke Him, saying, "Save us, Lord; we are perishing!"

Reflection

Mark and Luke both state that a "fierce gale of wind" descended upon the lake, which was not uncommon in ancient times or even today. These storms are caused by cool, dry air blowing down the eastern slopes over the lake's warm, moist air. When these opposing air masses meet, a violent storm can develop. Since the Sea of Galilee is shallow, a fierce wind can cause massive waves quickly. It is now quite evident the twelve were frightened. Even the four seasoned fishermen among the disciples thought all was lost.

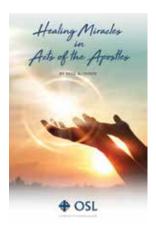
Why did they wait until they thought all was lost? We can learn a valuable lesson from this, as we need to call upon the Lord much sooner than we sometimes do.

I found this to be an interesting passage that "THEY" awoke Him. The Gospels of Matthew, Mark and Luke say the same thing: "They awoke Him." They, as a group, en masse, went to Jesus to be saved from their peril. There was no drawing straws, with the person having the short straw waking the master. To borrow a phrase from Rev. Nigel Mumford's book, *This is Where Your Healing Begins*, they dropped the "F-Bomb!" F-E-A-R. Fear causes us to think irrationally. It can either paralyze us or push us. Fear pushed the disciples to the point that it overpowered their faith.

There is no doubt that the enemy did not want Jesus to reach the eastern shore. The enemy claimed the Decapolis as its territory and was pulling out everything it had to stop Jesus from crossing over. What took the disciples so long to awaken Jesus? Why did they wait until they thought all was lost? We can learn a valuable lesson from this, as we need to call upon the Lord much sooner than we sometimes do.

Healing Miracles in Acts of the Apostles

BY PAUL A. FEIDER



In this book, we will explore 18 of the healing and transforming miracles in Acts of the Apostles. We will read how the love of the Father that overflowed in Jesus was poured out on the disciples after the resurrection, which empowered them to experience healing and to minister healing to others. Acts of the Apostles demonstrates that people like us can receive this love, this Holy

Spirit, and do the things that Jesus did. As followers of Jesus, we are commissioned to continue manifesting this healing energy by living in the presence of the Father's love.

SESSION 4 – THE HEALING OF THE CRIPPLED MAN

Acts 3:1-12 (NIV)

ne day Peter and John were going up to the temple at the time of prayer—at three in the afternoon. 2 Now a man who was lame from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from those going into the

temple courts. 3 When he saw Peter and John about to enter, he asked them for money. 4 Peter looked straight at him, as did John. Then Peter said, "Look at us!" 5 So the man gave them his attention, expecting to get something from them.

6 Then Peter said, "Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk." 7 Taking him by the right hand, he helped him up, and instantly the man's feet and ankles became strong. 8 He jumped to his feet and began to walk. Then he went with them into the temple courts, walking and jumping, and praising God. 9 When all the people saw him walking and praising God, 10 they recognized him as the same man who used to sit begging at the temple gate called Beautiful, and they were filled with wonder and amazement at what had happened to him.

Peter Speaks to the Onlookers

11 While the man held on to Peter and John, all the people were astonished and came running to them in the place called Solomon's Colonnade. 12 When Peter saw this, he said to them: "Fellow Israelites, why does this surprise you? Why do you stare at us as if by our own power or godliness we had made this man walk?"

Acts 3:15-16 (NIV)

15 "You killed the author of life, but God raised him from the dead. We are witnesses of this. 16 By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has completely healed him, as you can all see."

This account lets us know that anyone filled with the fullness of the Holy Spirit can bring the healing presence of Jesus to any encounter.

Reflection

Since Jesus was the Son of God, we might understand how he could cure people as recorded in the gospels, but here we read of a person like us bringing the healing power of Jesus to another person. Peter says, "In the name of Jesus Christ, walk." He is saying, by the power of the person of Jesus, you can walk. The man is only asking for money and probably did not know Jesus, but Peter brings Jesus to this encounter through his deep, committed connection to Jesus. We read in verse 16 that Peter had a deep faith relationship with Jesus, which allowed the crippled man to experience the power of Jesus' love at that moment. It is the experience of Jesus' intense love that brings about the cure.

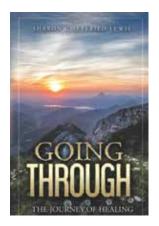
This account lets us know that anyone filled with the fullness of the Holy Spirit can bring the healing presence of Jesus to any encounter. Peter clearly explains that it was not his power but the power of God that brought about this cure. Receiving God's personal love, the

Holy Spirit, makes it possible for us to help people experience physical, emotional and spiritual healing. This power remained a normal part of the Christian community for the first three centuries. It is present today to those who take time to prepare and receive the full infusion of the Holy Spirit and are open to the gifts of the Spirit.

The story goes on to say that the cured man went into the temple with Peter and John, "walking and jumping and praising God," and the people were filled with wonder and amazement. This phrase reminds me of the time we were in Malta teaching people how to prepare themselves and then pray with others for healing. On our last evening, we celebrated a healing Eucharist attended by at least 3,000 people. After sharing Communion, we offered prayers for healing. Many reported pains going away, and one man rose from his wheelchair and walked around. Doctors who were present verified the healings. One of the priests celebrating with me asked us to pray for his sister, who could not be there because she had fallen, hurt her leg and could not walk. We did pray for her. The next morning when we were at the airport getting ready to leave, a woman came to us walking and jumping and praising God. She was the sister of the priest. Right when we interceded for her during the healing service, she felt power go through her in her room. Her leg was healed at that moment. We praised God together at the airport. A scriptural response to healing is to praise God for the gift.

Going Through: The Journey of Healing

BY SHARON GOTTFRIED LEWIS



There are so many wounded and broken in this world: broken hearts, shattered lives, loss of hope. But we can make a difference in this world—first, by allowing God to heal our deep inner wounds and second, by being trained as an Amazing Love healing prayer minister. We see lives transformed from victims to victors just through the healing power of Jesus Christ. The journey

of healing you are now embarking on is life-changing and life-giving!

CHAPTER 6: FORGIVENESS

he inner healing of the heart takes time. It is a gradual growing into oneness with the Crucified One. It will happen but it takes time because memories are so vivid and hurts so deep. However, we know these memories can be healed through Jesus Christ. God gives us new vision replacing the old pictures of pain. God does replace the pictures that are so painful, those etched-in visions of painful events.

How does this happen? Jesus is seen in the unhealed memory by the one being prayed for. This changes the whole perspective of the event. Once His light invades these dark places, they can no longer inflict pain or turmoil. The event happened and the picture is there, but you now see it from a kingdom perspective.

This changes the whole perspective of the event. Once His light invades these dark places, they can no longer inflict pain or turmoil.

The evil has lost its power and its influence on your life. Through forgiveness your heart will be healed from bitterness, anger, resentment, and hatred. This healing is only through Christ who is the power and wisdom of God, a living force in His present riseness. Through Christ our lives are transformed which enables us to extend a hand of reconciliation toward our enemies. Healed memories are now experienced and seen through Jesus Christ.

Some events are so traumatic and horrific in people's lives it seems impossible for a hand of reconciliation to be extended toward a perpetrator. It may not be able to happen. But remember with God all things are possible even with a group of Rwandans that were gathered here with us for a week-long conference on healing. Does God heal? Yes, and after each teaching session and ministry, the witness of God healing deep wounds of rejection and abandonment were seen through the tears, followed by joyful dancing.

Flash BACK

BY CANON JIM GLENNON

APRIL 1985

Sylour Faith Double-Minded?

esus said we are to have faith that does not doubt. We are "to believe that we have received these things, so that we do not doubt in our heart" (Mark 11:23). When we examine the faith we have and the many and varied circumstances of life which we pray, I think we would often have to say that our faith is "up and down." Sometimes we have a well-balanced faith so that we are sure; other times our faith is more a state of being depressed. To put it

another way, sometimes we are "on top" of our permitted difficulties, but often the permitted difficulties are "on top" of us. If you like to use another thought form, we have often got two horses in the one cart—one called "faith" and the other called "fear." So often it is fear that wins out.

Scripture

Let me read to you the verses that are the lesson for this Service. The writer is speaking about asking for wisdom and says (James 1:5-8). "Let him ask in faith, with no doubting, for he who doubts is like a wave of the sea that is driven and tossed by the wind; for that person must not suppose that a double-minded man unstable in all his ways, will receive anything from the Lord." That is strong language. It is the language of the Word of God. Whether we like it or not, God through his word says that "a double-minded, (that is he's got two minds—one is faith and one is fear), must not suppose that he will receive anything from the Lord."

What is the answer? How can we exercise faith so that we are not double-minded? Paul says in the letter to the Romans, Chapter 12 verse 2, that we are to "be transformed by the renewing our mind," and in I Corinthians, Chapter 2 and verse 16, he says we are to "have the mind of Christ." We overcome our double-mindness by having our mind transformed so that we have the mind of Christ.

How Can We Be Transformed?

How is our mind so transformed that we are "single-minded" and our mind is the mind of Jesus Christ? To

put it in an over-simplified way, the first requirement is to know what we are to avoid: i.e. we are not to be double-minded. The second requirement is to know that we can have the mind of Christ and so be transformed. And the third requirement is to accept it and affirm it by faith.

I can only say that I learned a lot about this particular matter when I went to America some years ago and visit the work of Teen Challenge in New York. Our Archbishop had invited representatives from the Department of Health to speak to our Synod—that the Parliament of our Church—about the problem of drug-addiction. The general drift of what these qualified men had to say was that once you are "hooked" on drugs, there is little or nothing that can "unhook" you as far as the community resource is concerned. I was the Archbishop's Chaplain on that occasion and sat on the dias behind him and I could look out over the Synod in a unique way. I asked myself: "Is there anyone here who can get up and say: there is an answer to this problem?" I knew I couldn't although I was involved in the healing ministry.

I will go further and say that the only time we ever exercise faith so that we do not doubt is when we HAVE to yet also we CHOOSE to.

At a later time, as I have begun to say, I went to the United States and visited the work of Teen Challenge in New York, which was begun by the Reverend David Wilkerson who wrote The Cross and the Switchblade. I have referred to this before and I am not so much going to refer to what I said then but to introduce something else. Sufficient for me to say that whereas medical/social work residential programs for that kind of problem have a very small success rate, the success rate for Teen Challenge, both in America and in this country, for problems for which there isn't a human answer, is 86%.

The Struggle To Be "Single-Minded"

How then can they have this wonderful result for problems for which there isn't a human resources? It is just what I am saying tonight. They know you can no longer be "double-minded;" you must have the mind of Christ. Let me illustrate this. They teach that you accept Christ for salvation and forgiveness, and you accept Christ



for healing of your problem. After the person concerned has done that he reaches the point where he wants to go back to being "double-minded," i.e. having the best of both worlds. This is where he has to sweat it out. Those who are more advanced in the program stand with him and together they affirm, day and night if need be, that they have the mind of Christ. They are "single-minded" in affirming their healing and wholeness, and they hold on until they come through to victory.

The point I want to mention in particular is that when I was there, Don Wilkerson, who was looking after the Centre, could not see me at once and I found out later why there was a delay. He was in the process of putting out a man who was in their program, and, believe it or not, all that man had been doing was wanting to talk about his former life. But really it went to the heart of things. He was wanting to be "double-minded" and it doesn't work when you are "double-minded." And because he would not allow himself to be "single-minded" and to have the mind of Christ so he was only affirming one things, and that was his healing and wholeness, they had to ask him to leave. If he had become "single-minded," that would have enabled him to become a new creation, not only in terms of salvation but in terms of healing and wholeness.

Our Greatest Need

Do you know that this is the greatest need we have in the Healing Service? We are "double-minded," we want it both ways. We are affirming faith and we are affirming the problem, and it doesn't work. Let us realize that God enables us to be "single-minded" and have the mind of Christ. I will go further and say that the only time we ever exercise faith so that we do not doubt is when we HAVE to yet also we CHOOSE to. That is another way of saying that we are to cease being "double-minded" and become "single-minded." I'm speaking to myself first of all, I need it; but you need it too.



OBITUARY

The Rev. Richard J. (Dick) Beckmen, formerly of Northfield, Minnesota, died Sunday, November 15, 2020, in Brandon, South Dakota. Dick was born in Chicago, Illinois, on November 19, 1932. He married Solveig Maakestad on May 31, 1956, at St. Olaf College. He was father to four children and grandfather to four. Dick graduated from St. Olaf College, Northfield, Minnesota, in 1954 and Luther Seminary, St. Paul, Minnesota, in 1958. He was ordained in June 1958 and served parishes in Reeder, Stanley, and Bismarck, North Dakota. He was Regional Youth Director for the ALC in Western North Dakota and Eastern Montana and then served on the national youth ministry staff for The American Lutheran Church. He concluded his ministry at Central Lutheran Church in Minneapolis. Dick was a spiritual director, author and chaplain in OSL.

SHARING MAGAZINE

Sharing wouldn't exist without **YOU**, the reader! We would like to publish your stories of healing, personal testimonies and theological articles about Christian healing.

Below are upcoming themes & deadlines being considered. We encourage you to write about whatever you are called to Share! All themes are tentative. Email submissions to Sharing@OSLToday.org.

Upcoming themes & deadlines:

May/June

Theme: Heart Take Courage

Deadline March 1

July/August

Theme: Riches of Grace

Deadline June 1

MEMBER NEV/S

News, information & benefits for OSL Members

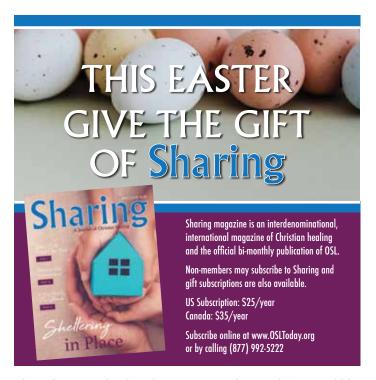
DO YOU GET OUR EMAILS?

We are currently working on verifying, adding and streamlining communication to our members and readers of *Sharing* magazine.

Do you get our emails? If you are not receiving them, please check the following:

- 1. Make sure we have your correct or current email address(es). Email us at: support@osltoday.org with your name and email address; we will confirm, add or change as necessary.
- 2. We email information via Constant Contact, with our emails ending in @OSLToday.org.
- 3. Check your Spam folder to make sure our emails are not being delivered there. If they are, please designate our emails as "Not Spam" and our email to your address book.

If you have any questions, please call (210) 514-4758.





This past year has been so strange and so unsettling. We've been isolated,

We've been isolated,
We've been afraid,
There's so much sickness, so much death,
So much has changed.

There's so much worry, so much anxiety, so much fear. Gently You call us back to You.

LORD, we come to You. Where else can we go? We are Yours.

We turn away from the confusion; we turn away from the pandemic; we turn away from the world, and we gaze on Your glorious face, and the world fades away.

We seek You, and You are there, to fill us with hope, to fill us with peace, to fill us with joy, and to reassure us that You are still sovereign, that You are still on Your throne.

Through it all, our eyes look to You. Through it all, our hearts turn to You. Through it all, we are a people of hope. Through it all, Your peace is there. Through it all, we rejoice in Your love.

We come to You with thankful hearts, comforted in knowing that we are Your beloved children... cherished and adored, watched over, protected and loved ...oh, how we're loved!

We trust in You, LORD. We look to You. We rely on You. You are our hope. You are our strong tower. You are our center. You are our refuge. You are our peace. You are our joy. You are our hearts' desire. In You we are secure. And all is well.



CALENDAR

Advertise your upcoming OSL healing event in *Sharing* magazine, OSL Online Calendar and OSL Facebook page! Email information to Sharing@OSLToday.org

ONLINE HEALING

WOULD YOU LIKE TO ATTEND AN ONLINE HEALING SERVICE?

The OSL Online Center for Healing Prayer calendar has information about a variety of healing services that are open to the public. They are hosted by different churches and groups. Some are on Facebook, some are on YouTube and some are on Zoom. They range in type, size, and format. Some offer times of individual prayer with prayer ministers.

Please visit *onlinecenterforhealingprayer.com*/ healing-services for the full calendar. Below is an example of an available Healing Service:

FACEBOOK LIVESTREAM

TUESDAY, MARCH 23 6:30-8:00PM ET

This healing service is broadcast from Church of the Ascension in Orlando, Florida (facebook. com/ascensionorlando). The service includes live music from our Spirit-led worship team, a teaching/homily on a topic of healing and spoken intercessions by members of our OSL Community.

People are encouraged to post prayer requests in the comment section of the Livestream and these will be responded to by our OSL healing ministers. There are also some numbers to call to receive one-on-one prayer time.

SAVE THE DATE

INNER HEALING MAY 20-22, 2021

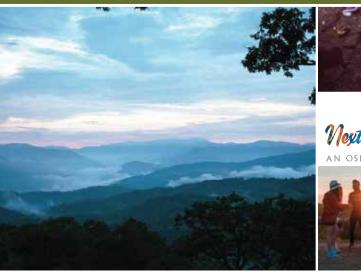
REGION 2 CONFERENCE

Speaker: Rev. Dr. Sharon Lewis

Location: TBD, Virtual **Contact:** Cyndi Krupp,

krupp_cyndi@yahoo.com

For high school youth in grades 9-12 for the first OSL Next Generation Retreat!

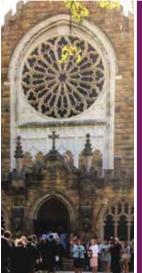












SPEAKERS:

A Hope and A Future will be led by Rev. Dr. Sharon Lewis, Pastor Brian Miller and Saran Warne

LOCATION:

Saint Mary's Sewanee on the beautiful campus of the University of the South! 770 St. Mary's Lane, Sewanee, TN 37375 College campus tour will be built into the

retreat.

COST:

\$250, partial scholarships available Retreat fee includes housing and all meals











CONTACT:

www.OSLToday.org f DOSLToday

For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future!

Jeremiah 29:11

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Director of Online Healing Communities Rev. Sarah Bronos

(407) 538-9494; sbronos@gmail.com



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