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**700 CLUB**  
CANADA

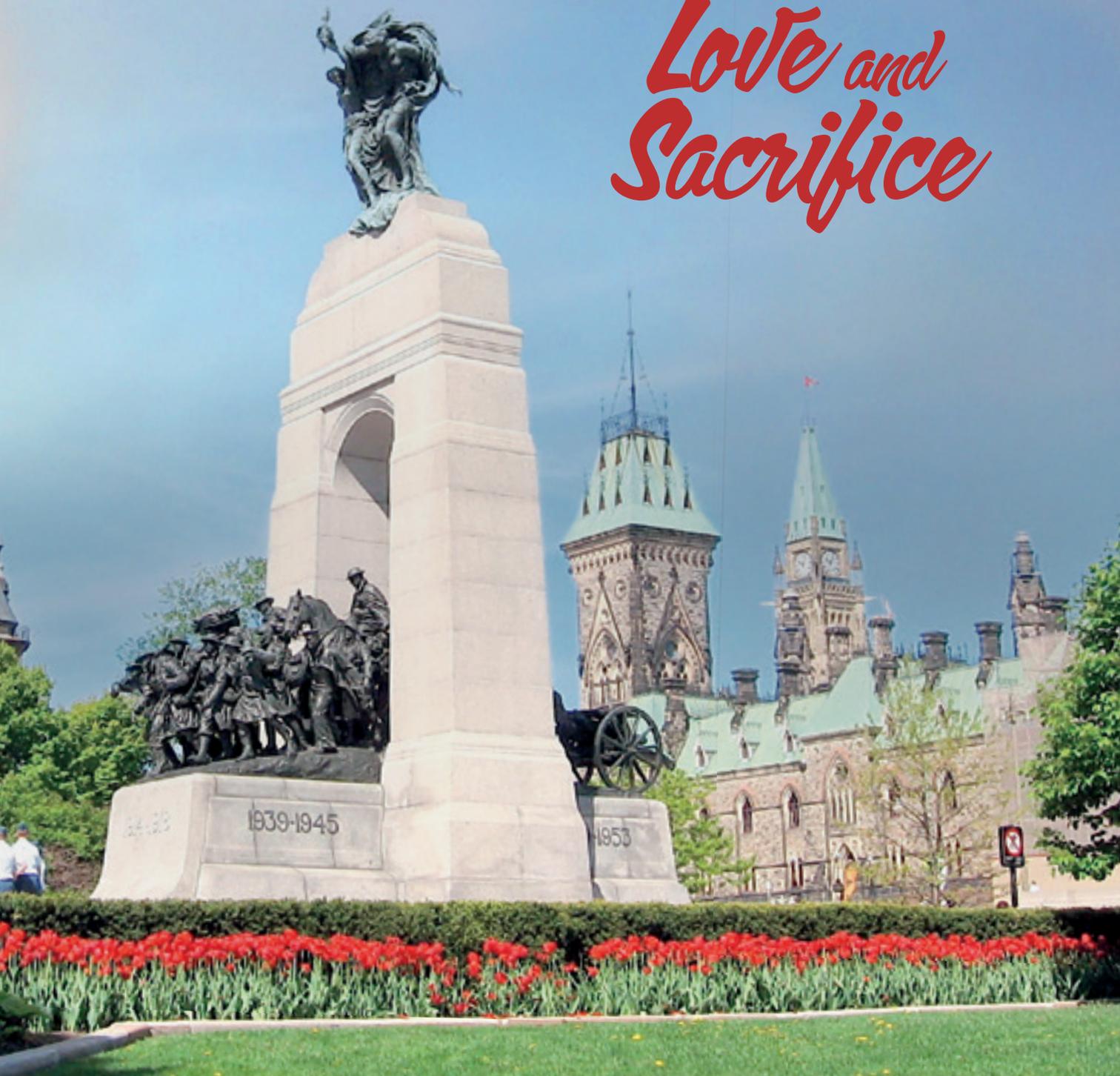
NOVEMBER 2021 / 700CLUB.CA  
*Partners Sharing the Love of Christ*



# FRONTLINES

700 CLUB CANADA | P.O. BOX 700, SCARBOROUGH, ON M1S 4T4 | 700CLUB.CA | 877-439-6410

*Love and  
Sacrifice*



# Fight the Good Fight

by BILL MARKHAM

Co-Host, *The 700 Club Canada*



Do you ever wonder if you are fighting the right fight? Maybe you won the argument but lost the relationship. You

fought so hard to fit in, only to lose yourself in the process. You got your way, but you lost respect and peace. As I look around right now, I see a lot of people fighting, but I don't see a lot of people winning. How can we, like Paul in 2 Timothy 4:7 say, "I have fought the good fight, I have finished the race, I have kept the faith"? (NIV)

Here is what I believe Paul meant. As he was looking back on his life, he wasn't saying that he had always been right, or that he had handled every situation the best way possible, but what he had done was to fight for eternity. He had fought for what was really important... people's hearts and minds.

Here are some things I have learned that have helped me with this along the way:

1. See people who need to be loved, not problems to be solved. Push past the rants and the bad behaviour to see what Jesus sees.

2. Make allies where there are currently enemies. If possible, find common ground and solutions that you can work toward together.

3. Choose the Way of Jesus. When all else fails, love people despite themselves. This is the power of what Jesus did on the cross.

May you be blessed as you fight for people to know and experience the love of God!

# PREVENTING BACK PAIN AS WE AGE

Take care of your spine with these helpful tips



*Stretching can help prevent pain.*

According to Dr. Gbolahan Okubadejo with the Institute for Comprehensive Spine Care in New York City, when we age, our body tends to get stiffer. "Picture an older gentleman or an older woman. They're kind of bent over, and they're stiff. They don't move as much," he says. "Your risk of injury increases dramatically because you just can't move as well as you want to. So, I suggest stretching for at least 15 minutes a day."

As a result, healthy lifestyle choices—such as not smoking—are important. "When you smoke, you're depriving oxygen because the blood vessels in our spine are very tiny," he explains. "The more you smoke, the less blood flow and vascularization you get to your discs, and the more likely you are to get degenerative disc disease, which then leads to back pain."

Practically, something as simple as dressing correctly can help your back. "Put your pants on from a seated position where you're not stressing your lower back," Dr. Okubadejo suggests. "The risk of straining is much higher if you try to put your pants on from a standing position. You see people trying to put pants on and wiggling into their pants. That's not ideal. So, try to sit down, be comfortable, and be aware of how much you're bending over."

Additionally, the correct shoes can make a difference. Dr. Okubadejo advises having shoes with good cushioning and good heel support, because that keeps the body in alignment and prevents us from having a greater risk of injury.

For additional information on taking care of your spine, visit Dr. Okubadejo's website: [nynjspine.com](http://nynjspine.com).

*Always consult with your doctor before making any lifestyle changes.*

We're here for you 24/7.  
Call 855-759-0700, or go to  
[700Club.ca/Prayer](http://700Club.ca/Prayer)

# *Love and Sacrifice*

by ANDREW BURDITT

President

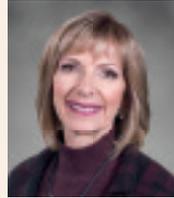
The Christian Broadcasting Associates



# Faith That Carries

by LORIE HARTSHORN

Co-Host, *The 700 Club Canada*



Do you ever feel like giving up? It's hard to keep going when times are tough, so what is the key to pressing on?

I think we find the answer to that by taking a look at Moses.

After leading the Israelites faithfully for 40 years in the desert, Moses was told that he would not be entering the Promised Land. Now that would be hard to take. Moses could have thrown a hissy fit and even walked away from God, but he didn't. Why not? I believe it was because Moses was a friend of God.

Moses heard from God, he communicated with God, he hung out with God. No matter the ups and the downs, and there were plenty, he trusted God. Even with this seemingly devastating news, we don't see him arguing with God. Why? He only cared about being with God and death would usher him into God's presence.

His encouragement to Joshua reveals what carried Moses through all those years and would be the key for Joshua and the people to keep faith in God: ***The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged*** (Deuteronomy 31:8 NIV).

Faith is friendship with God. Faith is knowing that God is with you, that He will not leave you. Friendship with God is the key to facing anything. Today, whatever you are going through, know that God is with you. Talk to Him and listen to Him. He is your friend.

Each year on November 11, we take the time to honour those who gave their lives for the safety and security of others during times of conflict and war. Remembrance Day is an important, solemn occasion that allows us to consider the importance of their sacrifice, while praying that peace, as opposed to war, becomes commonplace in our society.

In my teens and twenties, I spent time as a reservist in the Canadian Armed Forces, but like many, I can't imagine what our fathers, grandfathers, and great-grandfathers faced during those difficult and harrowing circumstances.

My grandfather, Reginald Wilson, talked very little about his time in WWII, but one story has always stuck with me.

Enlisting in the RCAF at the age of 19, he became a Wireless Operator on a Halifax Bomber and a member of the No. 420

(Snowy Owl) Squadron. After flying a few missions, he and his crew were shot down over Germany. My grandfather managed to bail out, survived, and after trying for a few days to make his way back to the Netherlands, he was captured by a pair of German officers. He then became a POW, living in terrible conditions until he was liberated at the end of the war.

When those officers captured and questioned him, he wasn't killed or badly mistreated. In fact, he was given a bowl of water and soap—the opportunity to clean up. It was a small act of kindness in the midst of a terrible situation, but he never forgot it.

As a Christian, he repaid that small act by living a life full of faith and service to others, guided by love, and always acting with patience and kindness.

John 15:12-14 reads, “*My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command*” (NIV).

We were chosen by God to love and to share that love with others. Jesus calls us His friends, and His ultimate act of love was to die on the cross for us. It is a sacrifice that we can never understand, but verse 17 reminds us of our responsibility: “*This is my command: Love each other.*”

**We are to be His voice, His hands, and His feet. Help us take that message of His love to those who need to hear it!**

May God bless you.

***This is my command:  
Love each other.***

~John 15:17



Andrew Burditt's grandfather, Reginald Wilson

# MARK YOUR CALENDAR

NOVEMBER SPECIAL HIGHLIGHTS

## WATCH AND BE AMAZED



### WHEN THE HOLY SPIRIT FOLLOWS YOU HOME

A childhood filled with petty theft led to bigger and bigger crimes until Raymond finally went to jail. But even when he was released, he didn't feel free. Nothing changed until he had a radical encounter with God. You won't want to miss what happened to him.



### WHEN MARRIAGE ISN'T WORKING

High school sweethearts Jason and Christie realized that marriage wasn't what they expected. When drugs, chaos and anger threatened to end their relationship, it was Jason's breaking point that saved them. Watch and see their incredible story.



### CHOOSING BETWEEN ABORTION OR DEATH

When Sabina found out she was pregnant, the baby was growing on her fallopian tube and her uterus was filled with tumors. Doctors advised her to abort in order to save her own life, but God spoke to her husband, and gave them a promise. Be sure to witness their miracle.



### GRIPPED WITH GRIEF

Filled with guilt after he was unable to save his mother's life, Doug let it eat at him until he became a drug addict. He continued to spiral until one day a chance encounter at a bookstore changed his life. Witness his amazing transformation.

## JOIN US EVERY WEEKDAY

### Watch The 700 Club Canada Weekdays:

- VisionTV – Nationwide  
10:30 a.m. EDT
- FaithTV – Nationwide  
9:00 a.m. and 9:00 p.m. CDT
- JoyTV 10 – Vancouver  
1:00 p.m. and 9:00 p.m. PDT
- The Miracle Channel  
9:30 a.m. MDT



### Watch The 700 Club With Gordon Robertson Weekdays:

- JoyTV 10 – Vancouver  
11:00 a.m. PDT
- CBS KREM – Spokane  
9:00 a.m. PDT
- WUTV TV29 – Buffalo  
9:00 a.m. EDT
- WNYO TV49 – Buffalo  
1:00 p.m. EDT
- WMYD Detroit – Southwestern Ontario  
9:00 a.m. EDT



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## Planning to Change the World

There's more than one way to give. In fact, good planning and understanding your options can help you give strategically and generously. You are invited to join us for a webinar hosted by ADVISORS with Purpose that will explain a variety of options for your giving.

Presented by Greta Luimes

November 25 at 7 p.m. Eastern/4 p.m. Pacific

To register, send your name and contact info to [register@advisorswithpurpose.ca](mailto:register@advisorswithpurpose.ca)



# PREPARING THE PATHWAY FOR GOD'S BLESSINGS



*He shall receive blessing from the LORD, and righteousness from the God of his salvation.*

by GORDON ROBERTSON  
Chairman of the Board, CBA  
President and CEO, CBN



**G**od wants to do something new in our lives! He tells us in Isaiah 43:19, *“Behold, I will do a new thing, now it shall spring forth; shall you not know it?”*

Yet we must be careful not to block the blessings that He has in store for us.

While the Israelites were traveling to the Promised Land, they rebelled several times. In each case, their rebellion came down to one central problem: complaint. And their complaint was based on disbelief.

They didn't believe God could provide water or meat in the desert, or that He could enable them to defeat the giants in the land.

If we are to possess what God has for us today, we must realize that when we complain in our hearts, we are actually saying, “God can't do this.” Yes, there will be obstacles and difficulties—but if there were no struggles, there would be no victories.

So how do we get a heart of belief?

We find the answer in Psalm 24:3-5: *Who may ascend into the hill of the LORD? Or who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to an idol, nor sworn deceitfully. He shall receive blessing from the LORD, and righteousness from the God of his salvation.*

We must have clean hands and pure hearts. We need to trust in God alone. And we should always speak the truth in love. As we do, God blesses us and gives us righteousness—not our own, but His through Christ our Saviour.

We know His ways are higher than ours. So let's stand together with our hearts full of gratitude and faith, believing that God will do great things. He will continue to do miracles, to provide, and to make a way. God bless you!

*Excerpted from a teaching at CBN Staff Chapel. Scripture is quoted from the NKJV.*

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