

A Command to Remember

by BILL MARKHAM Co-Host, The 700 Club Canada



I love the month of January. Not only is January the beginning of a new year, it is also the month I was born.

For me January signals the beginning of something new. It's an opportunity to reflect on what "was" so that I can learn and grow into what "is to come"—an opportunity to remember.

Did you know that the word remember is one of the most common commands that God gives to His people? Two hundred and thirtyone times, God tells His people to "remember" (the Hebrew root is zakar). An example of this is found in Deuteronomy 5:15, where God says, "Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm" (NIV).

This word means so much more than merely being nostalgic about the past. It isn't just looking back to recapture the warm feelings of some great event in your life. Instead, this word means looking back so that you can move forward with courageous action. It is reflecting on what God has done in our past as inspiration for what He will do in our future.

As we enter a new year, I want to encourage you to take some time to reflect on 2021. **Remember** with gratitude what God has done in your life, trust that He is with you right now, and have faith and courage that He will work all things together for the good of those who love and trust Him (Romans 8:28).

Happy New Year!

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CBN NEWS: HEALTHY LIVING

DOES YOUR CHILD SUFFER FROM A SLEEPING DISORDER?

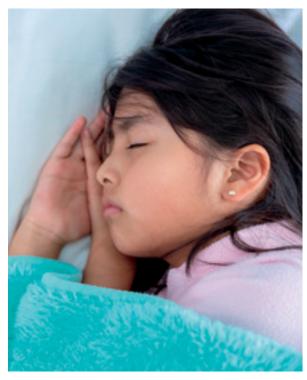
Dr. Winter might have the solution for you

Sleep disorders among children are more prevalent than most people realize. Even parents don't always recognize when their child might have one. Dr. Chris Winter, author of *The Rested Child: Why Your Tired, Wired, or Irritable Child May Have a Sleep Disorder—and How to Help*, has a few ideas to assist parents in spotting sleep problems and finding a solution.

According to Dr. Winter, many childhood sleep disorders are misdiagnosed. "A lot of children who have sleep disorders don't

look that sleepy," he explains. "They look like they have attention problems. They look like they have mood problems. So, not only is it difficult to diagnose these problems if we're not looking for them, but they're very easily misdiagnosed as other conditions."

What do you do, then, if you think your child might have



Does your child have trouble sleeping?

trouble sleeping? Dr. Winter suggests starting with two simple tips:

First, he says it's more important to set a strict wake-up time for your child than it is to set a bedtime. "Make sure that the morning starts with a very structured situation, meaning that they get up, out of bed, into some light, around other people, have some food." That way, the child gets into a regular routine.

His second tip is to dim the light and turn the house temperature down in the evening. "That drop in temperature and that drop in light serves as a real natural trigger for kids to want to get sleepy," he explains.

If these natural solutions don't work, however, it's always a good idea to talk to your pediatrician about seeing a sleep specialist for further help.

 $Before\ starting\ any\ new\ health\ regimen,\ please\ consult\ with\ your\ physician.$



A New Year and a
Promise of
GOD'S LOVE

We Were Made for Community

by Lorie Hartshorn Co-Host, *The 700 Club Canada*



I believe wholeheartedly in the power of community. We need each other. The worldwide pandemic has revealed this truth.

Loneliness and isolation are some of the most significant factors for people suffering from mental, emotional, and physical illnesses. We have, sadly, seen mental illness and suicide rates on the rise.

God designed every human being to need others. Even introverts! Why? Well, we are made in the image and likeness of God, and God Himself lives in community. Father, Son, and Holy Spirit live in perfect communion and oneness—and we are meant to live that way.

Jesus set an example for us of what it looks like to live as He lived in a community of people. He did life with a group of disciples. They shared meals together, traveled together, and served with one another. Acts 2 shows us what it looks like to do life in a community of people who follow Jesus together.

All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts (Acts 2:44-46) NIV.

This coming year, make doing life in a community a priority. Be intentional to build relationships with other Christians. Don't miss out on meeting together with others to worship, pray and encourage one another. And be generous. Share meals together with glad hearts. It will be good for your body and your soul.

May this coming year be filled with love and community because that's what you were designed for.

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Then the calendar turns from December to January each year, what does that look like for you? Is it filled with celebrations and parties where you gather with friends to ring in the new year? Do you spend a quiet evening celebrating at home with your family, or do you treat it like any other night?

Regardless of how you choose to celebrate the new year, there is often a great deal of pressure to see it as a fresh start. Gyms use it as an opportunity to sell new memberships and stores will capitalize on the holiday to offer sales and promotions. Even as individuals, we often feel compelled to come up with a list of resolutions. We want to exercise more, eat better, learn a new language, or improve our professional situations.

The reality is that this time of year is filled with hope and optimism. However, the hope and optimism can often fade after a few weeks or months, and in fact, it often does. Gyms are very busy through January, but in February and March, they are back to normal. People pack a healthy lunch for work, but after a few weeks, they often revert to spending money at restaurants around the office.

The world might change from day to day and year to year, but God never does. As Hebrews 13:8 reminds us,

Jesus Christ is the same yesterday and today and forever (NIV). He is a consistent presence in our lives, and He always loves us just as we are. While self-improvement is never a bad thing, it is important to remember that all God asks

us to do is to accept Him into our hearts and follow His teaching. There is no pressure to be perfect!

Asking God to lead our lives brings a sense of relief and for many, it takes away the external pressures that society imposes on us. God's presence brings a renewed sense of purpose, positivity, joy, and a desire to tell others about Him.

It is His immense love for us that brings that new and fresh feeling throughout the year.

After all, Ephesians 3:18-19 makes this promise: And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God (NLT).

As we begin 2022, remember that God's love is more than enough for each and every one of us, and that His promises are true!

Blessings to you and yours for a happy and healthy year.

MARK YOUR CALENDAR

JANUARY SPECIAL HIGHLIGHTS

WATCH AND BE AMAZED



FINDING HER WORTH

Tessa's formula for life was if she could be good enough, she would be worthy of love. But when that came crashing down, she was left with—not a list of dos and don'ts—but a vision of God's love for her. You won't want to miss her incredible transformation.



HEALED BY FAITH

During a routine traffic stop, police officer Bryan was injured and became paralyzed on his right side. Doctors did all that they could for him, but eventually, they told him he would never return to full mobility. But at a healing conference—everything changed. Don't miss his amazing testimony of faith.



DISCOVERING JOY

Laurie had always been a joyful person. But the day she was raped changed everything. She sunk into a deep depression and even tried to kill herself. Watch and see how a chance meeting changed her life.



ONE WORKING STRATEGY

William and Emily had two different financial strategies when they married. When William encouraged his wife to be a stay-at-home mom, she said she would on the condition that William start tithing. He agreed, and the outcome was astonishing.

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- VisionTV Nationwide 10:30 a.m. EST
- FaithTV Nationwide 9:00 a.m. and 9:00 p.m. CST
- JoyTV 10 Vancouver1:00 p.m. and 9:00 p.m. PST
- The Miracle Channel 9:30 a.m. MST



Watch The 700 Club With Gordon Robertson Weekdays:

JoyTV 10 – Vancouver11:00 a.m. PST

• CBS KREM – Spokane 9:00 a.m. PST

- WUTV TV29 Buffalo 9:00 a.m. EST
- WNYO TV49 Buffalo 1:00 p.m. EST
- WMYD Detroit Southwestern Ontario 9:00 a.m. FST



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Your Will, Your Executor, and What You Need to Know



It is important that both you and your executor understand the key elements of a will, the role and responsibilities of an executor, and the strategies that can be used to avoid taxes and fees while also ensuring your will reflects you, your life, and your faith. You are invited to join us for a webinar hosted by ADVISORS with Purpose that will prepare you to create a well-planned will, and your executor is welcome to attend as well.

Presented by Lorne Jackson and Akua Carmicheal, January 20 at 7 p.m. Eastern/4 p.m. Pacific

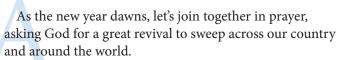
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THE FRUIT OF REVIVAL



When we seek Him first, amazing things happen!

by Gordon Robertson Chairman of the Board, CBA President and CEO, CBN



When we look back in history, the First Great Awakening from 1735 to 1740 absolutely transformed the Colonies. Without it, there would not have been an American Revolution or the establishment of our Constitution.

The Second Great Awakening occurred in the 1830s. It's interesting to note that the pastors and evangelists of the time were concerned that the revival was going to be mere emotionalism and something just temporary. The great preacher Jonathan Edwards wrote that it was like being in an apple orchard in springtime, when the apple blossoms are blooming. But he wanted to wait and see—what would be the fruit of the revival?

As Jesus tells us in John 15:16, "I chose you and appointed you that you should go and bear fruit, and that your fruit should remain."

We should be looking for the fruit of revival—where we



hunger and thirst for righteousness, no longer excusing sin in our own hearts.

In Matthew 6:33, Jesus says, "Seek first the kingdom of God and His righteousness, and all these things shall be added to you."

When we are seeking Him first and desiring His righteousness, amazing things happen. We can actually have peace and justice in our land. What a wonderful thing to aspire to and pray for.

Prayer is always the precursor to revival. In Charles Finney's sermons about revival in the 1830s, he emphasized that it is fundamental for Christians to pray. And we must pray not just for an emotional moment, not just for a turn, but for a hunger and thirst for righteousness.

And we have Jesus' marvelous promise in Matthew 5:6, "Blessed are those who hunger and thirst for righteousness, for they shall be filled." God bless you!

Excerpted from a teaching on The 700 Club. Scripture is quoted from the NKJV.

This New Year...

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