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FRONTLINES

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**700 Club Canada partners help
bring relief to Ukraine**



Look UP!

by BILL MARKHAM

Co-Host, *The 700 Club Canada*

When you don't know where to look, look up. We live in a world filled with uncertainty and confusion.

There are many times when I, like you, simply do not know how to respond or what to do. In these moments, I am tempted to allow fear to paralyze me and mire me in indecision.

In 2 Chronicles 20, King Jehoshaphat receives word that a huge army is coming to destroy Jerusalem. I love his response found in verse 12 when he prays, *"We do not know what to do, but our eyes are on you."* In the midst of the fear and confusion of his situation, the king admits that there is only one true source of help in this world. This is also reflected in Psalm 121 which reads, *I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber* (vv. 1-3). As a result of his trust in God, the enemies of Jehoshaphat destroy themselves and not a single man in Israel is lost.

So, I have learned that it is ok when I don't know what to do, because I know the One who does know exactly what to do. All I have to do is trust and obey. When I am tempted to look at the confusion around me, all I need to do is look up!

Scripture is quoted from the NIV.

ACID REIN

How taking control of your acid levels can save your life

The words "uric acid" might not mean much to most of us, but according to Dr. David Perlmutter, knowing your uric acid level could save your life. In his book,

Drop Acid: The Surprising New

Science of Uric Acid—The Key to

Losing Weight, Controlling Blood Sugar, and Achieving Extraordinary Health, Dr. Perlmutter explains that uric acid is the end-product of when our bodies break down fructose.

"Now, that doesn't mean we can't have fruit," he says. "Fruit is delivered in such a way ... that it doesn't really impact increasing our uric acid levels. But fructose ... as it is added to so many of our foods these days ... bombards our body and sends a signal ... to make extra body fat."

Not only can it increase fat, but high uric acid levels have adverse health effects such as gout. And according to Dr. Perlmutter, it can also lead to "coronary artery disease, type 2 diabetes, and ... even Alzheimer's."

So what can you do to lower your uric acid levels? To start, it helps to know what your level is. A doctor or at-home monitor can tell you what it is. Once you know your level, you can start by implementing a high-fiber diet, intermittent fasting, and avoiding organ meats, such as liver and kidney. Supplements like quercetin and bioflavonoid can also help to lower uric acid.

As always, please consult your doctor before making any changes to your diet.



A high-fiber diet can help lower uric acid.

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CRISIS IN UKRAINE

**700 Club Canada partners
help bring relief**



On February 24, 2022, the world watched in dismay as Russia launched an attack on Ukraine. The Ukrainian people have fiercely defended their country, and families have been torn apart as women, mothers and children fled to safety while men have stayed behind to fight and help where they can.

Given the nature of technology, we have been able to witness the horrors of war and have been shocked and heartbroken to see such terror and destruction. As Christians, our first reaction is to pray. We turn to God and plead for peace, unity, love, and mutual respect. But we also desperately strive to find a way to help.

The 700 Club Canada has had a long relationship with Samaritan's Purse Canada who have a significant presence on the ground in the affected areas, offering support and humanitarian aid in Jesus' name. **Thanks to the generosity of our partners, we are pleased to be able to offer financial support as they continue to serve.**

It is estimated that up to 4 million refugees could leave Ukraine because of the war, and Samaritan's Purse Canada is working hard to ensure that those who are suffering have access to what they need to survive while they journey to safety.

Samaritan's Purse Canada has 32 specialists on the ground in the affected areas, has deployed a 30-bed

Jesus Is Everything!

by LORIE HARTSHORN
Co-Host, *The 700 Club Canada*



It's so easy to get distracted by what's going on in our lives—both the big things and the little things. We can spend

our days worrying about our loved ones or the trouble that is happening across the world. Before you know it, the day is gone and we're weary and drained. What do we do when it feels like the world is falling apart? What do we do when things aren't the same at our church? What do we do when leaders or other believers have let us down? The answer sounds simple, but it is profound and true.

We fix our eyes on Jesus.

That's it! Jesus is everything. Jesus is over everything. Jesus holds everything together. Listen to what Colossians 1:15-18 says about who Jesus is:

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church. (NIV)

This is why we can **look to Jesus** when it appears the world is falling apart. He is the One who holds it all together. This is why we can **count on Jesus** when others have let us down. He will not let us down. This is why we need to **focus on Him**, rather than let life's distractions weigh us down. Jesus is everything! Jesus is over everything! Turn to Him today and every day.



emergency field hospital near Lviv that is equipped with an operating room, an ICU, an emergency room, and a pharmacy. Three smaller clinics in different parts of Ukraine will also soon be operational. Additionally, the distribution of food, water, hygiene items, and clothing continues.

In a recent interview on *The 700 Club Canada*, Danielle Hartung, Senior Projects Communications Specialist with Samaritan's Purse Canada, told the story of a woman who fled to safety on her own while seven months pregnant. Their personnel on the ground were able to provide immediate care, ensuring the health of mother and baby. As Danielle said, they are just trying to be the "hands and feet of Jesus."

In Matthew 5:9, Jesus said, "Blessed are the peacemakers, for they will be called children of God."

Prayer remains the priority as we ask for peace and reconciliation, but we are also called to serve, and The 700 Club Canada is grateful for partners such as Samaritan's Purse Canada.

We long for the day that is described in **Isaiah 2:4**, "**They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.**"

Thank you for your ongoing support, your love for your fellow man, and your desire for peace. God bless you!



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MAY SPECIAL HIGHLIGHTS

WATCH AND BE AMAZED



IS GOD TO BLAME?

Plunged into the world of human trafficking and forced to do drugs to keep her dependent, Chi was a teen with dark secrets. Even when she broke free, she knew she wasn't free on the inside. Listen to her compelling story and learn how God led her to the truth.



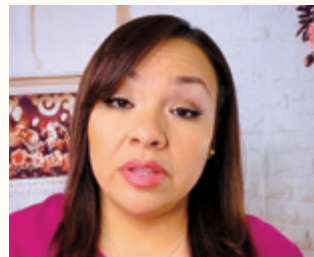
HIDING BEHIND A SMILE

For 12 years, Al hid his depression with a smile. He began to use alcohol and pills to continue masking his pain. But when even those things couldn't help anymore, he had nowhere else to go—except to God. Watch his amazing story.



A BRAND-NEW HEART

Dell had suffered a near-fatal heart attack. Doctors told her the damage was permanent—but God had other plans. Don't miss her story of incredible healing.



INTERVENING IN A DREAM

For 18 years, Liz used alcohol to escape the pain of a past filled with abuse. When the abuse continued into her adult life, she turned to the occult to help mask the pain and anxiety. One night, she had a dream that changed her entire life. You won't want to miss how God got her attention.

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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Mental Health Awareness Week

May 2-6

Why Do I Do What I Do?

Dr. Merry Lin is a registered psychologist with over 25 years of experience in counselling. In this series, we will talk about the struggle with boundaries and burnout.

Join us as Dr. Merry answers some of your questions.
Watch on YouTube, Facebook@700 Club Canada,
or the TV stations listed above.



BE OF GOOD CHEER!



"These things I have spoken to you, that in Me you may have peace."

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



I can do all things through Christ who strengthens me. These are the Apostle Paul's stirring words in Philippians 4:13.

What a tremendous declaration! Yet it becomes even more profound when we read the two verses just before it, where Paul explains: *I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.*

The New Living Translation puts it this way: *I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*

And then comes that resounding statement of faith: *For I can do everything through Christ, who gives me strength.*

In the middle of political turmoil, armed conflicts, a

pandemic, terrorism, and various threats from around the world, let's remember that we can indeed do all things through Jesus Christ, who strengthens us. We can have His grace when we are abounding and we have everything—and we can also have His grace when we are suffering, hungry, and in need.

Jesus promises all His followers in John 16:33, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*

In the middle of trouble, we can be of good cheer because Jesus overcame the world by His victory on the cross. And because He has given His power to us, we can indeed say, "I can do all things through Christ who strengthens me." God bless you!

Scripture is quoted from the NKJV except as noted.

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Front cover and interior: Courtesy of Samaritan's Purse