

THE  
700 CLUB  
CANADA

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*Partners Sharing the Love of Christ*

# FRONTLINES

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THE PATH OF  
*prayer*



## Crucial Conversations

by BILL MARKHAM

Co-Host, *The 700 Club Canada*



Do you ever struggle with knowing how to talk to someone who doesn't share your worldview

or opinion? I know that these confrontational conversations can be awkward and difficult to navigate, but they are going to happen. Unfortunately, many times we either shrink back and don't say what we want to say for fear of rejection, or we charge ahead like a bull in a china shop—not caring who we hurt in the process. Neither approach is particularly helpful, and I do believe the Bible shows a better way.

In Proverbs 15, we read, **A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly** (vv. 1-2 NIV). What does this mean exactly? A tender answer is one that values relationship over trying to be right. It means that the tone and nature of your words must convey the feeling that you want the person you are talking with to win.

Conversations are not meant to be about who wins or loses, but rather about truth and love. When I get caught off guard and I can tell that a conversation is getting intense, I will often say, "Let's talk about this later." This gives me time to work on ways to clearly express thoughts and ideas without a lot of heated emotion. May God give you wisdom and grace to navigate the difficult conversations in your life.

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

## FROM FATIGUED TO FANTASTIC!

*Discover simple steps to end fatigue and reclaim your life*

Whether it's fibromyalgia, chronic fatigue, or prolonged symptoms of COVID-19, many Americans are facing an ongoing battle with exhaustion. Dr. Jacob Teitelbaum, author of *From Fatigued to Fantastic!* offers help to sufferers of weariness based on 40 years of research and treating patients.

To reclaim health and vitality, Teitelbaum recommends his S.H.I.N.E.\* program that focuses on optimizing sleep, balancing hormones, addressing infections, nutrition, and exercise.

First, he talks about the importance of sleep. His research has shown that many people need as much as nine hours of sleep each night. He suggests a sleep mask may help, along with the supplement melatonin. If those steps don't work, a doctor can prescribe a low dose of sleep medication.

Next, check with your doctor about how to balance your hormones such as the thyroid and adrenals. Teitelbaum says getting angry when you are hungry is a strong indicator that you have a problem with your adrenal hormones. But the good news is hormonal issues are treatable. Your physician can also diagnose and treat any infections that may be causing exhaustion.

For nutrition, Teitelbaum recommends cutting out sugar, including soda and fruit juices. He says increasing your salt intake may also help if it doesn't affect your blood pressure.

For exercise, Teitelbaum says to start by walking and see how much you can do without becoming fatigued. Then, slowly increase your steps using a pedometer.

For more information, check out Teitelbaum's website at [EndFatigue.com](http://EndFatigue.com). But be sure to consult your physician before taking any supplements or changing your diet and exercise routine.



*Do you find yourself overtired?*



# THE PATH OF *prayer*

**T**he month of September is often viewed as the beginning of a season, and this includes the start of autumn, school, and a return to numerous weekly activities that keep us busy. For us and our partners, we will begin the month with our Week of Prayer, taking place on *The 700 Club Canada* from September 5–9. While prayer is a part of each and every show, this week will allow us to focus on why we pray, the act itself, and specific concerns that our partners bring to us.

Prayer should be a part of our everyday walk with God, and the Scriptures are full of examples of how to pray and why it is important. For example, so much of what is written in the Psalms is prayer from the writer's heart to God, expressing a wide range of emotions.

Prayer also shouldn't be a complicated aspect of our lives. We often make it difficult when it is simply daily conversation with God. We need to give Him our praise, ask for forgiveness, bring forward our concerns and those of others, and ask for guidance in our lives.

As Matthew 21:22 reminds us, **"If you believe, you will receive whatever you ask for in prayer"** (NIV).

For Christians, prayer is a necessity of life, and we can approach our prayer life by keeping three things in mind:

1. Make your prayer time with God simple. Talk to Him and honestly convey your thoughts, remembering that He already knows your heart.
2. Pray often, and without ceasing.
3. Remember that God does answer prayer. Sometimes it is yes, sometimes no, and other times, we are asked to wait. We need to listen for His voice.



As you consider your own prayer life, I would ask you to join us for the Week of Prayer on *The 700 Club Canada* from September 5–9. You can also watch it anytime at your convenience on our YouTube channel @700ClubCanada.

In closing, I leave you with beautiful words from the poet James Montgomery:

*Prayer is the soul's sincere desire  
Uttered or unexpressed,  
The motion of a hidden fire  
That trembles in the breast.*

*Prayer is the Christian's vital breath,  
The Christian's native air,  
His watchword at the gates of death;  
He enters Heaven with prayer.*

*O Thou by whom we come to God,  
The life, the truth, the way!  
The path of prayer Thyself hast trod;  
Lord, teach us how to pray!*

Thank you for your partnership in the Gospel, and please know that we pray for you and for God's blessing in your lives.

**May God bless you.**



**Join Us!**  
**Week of Prayer : September 5-9**



**THE 700 CLUB CANADA**

# Harvest Time

by LORIE HARTSHORN

Co-Host, *The 700 Club Canada*



Galatians 6:9 says, **Let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up** (NLT).

Life is full of seasons. As Canadians, we get to enjoy them all. This also means that there is a time of waiting between the season you are in and the one to come. As much as we can get impatient with the waiting, we know that waiting is important to reaping a good harvest. Fruit ripens slowly. There's no comparison to a vine-ripened fruit versus one that is picked early. It's all in the flavour. Letting fruit ripen on the vine is worth the wait so that the flavour is rich and full when ready for harvest.

This is true in our own lives. We should not become impatient or unwilling while waiting for the fruit in our own lives to grow and develop.

The fruit of the Spirit that God desires in our lives is:

**Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control** (Galatians 5:22-23).

Spiritual fruit takes time. Let's not give up, but keep on doing what God has asked of us because this is the way He grows His fruit in our lives. He is a good Gardener, and we can trust Him in each season of our life to bring about a great harvest.

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# MARK YOUR CALENDAR

SEPTEMBER SPECIAL HIGHLIGHTS

## WATCH AND BE AMAZED



### OVERCOMING ANOREXIA

She weighed just 74 pounds due to an eating disorder that threatened to take her life. See how the Lord helped Randi overcome this disease and defy medical opinions when she gave birth to her child.



### CHANGED IN FIVE SECONDS

Addicted to drugs and sex, Jason was destroying his life. After he lost everything, he wanted to commit suicide. See how five seconds with the Lord changed his life and brought him back to his faith.



### FORGIVING HER ABUSERS

Nona had made it to the top! She had worked with some of the most influential people in business and in politics. But at the height of her career, she still felt worthless. See how the Lord helped her overcome the scars of a childhood filled with abuse.



### BUTTERFLIES IN HEAVEN

A day of fun turned into a nightmare when 9-year-old Annie almost drowned in a pool. Seeing her lifeless body, her family cried out to God to let Annie live. Hear about Annie's visit to heaven and how the Lord restored her life.

## 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



CHECK YOUR LOCAL LISTING FOR CHANNELS AND TIMES IN YOUR AREA.



## If you are reading this, you are likely not too young

You may think you are too young for a will or estate planning, but that's most likely not true. If you have a bank account, have RRSP's, own some stocks or bitcoin, own a home, have children, or are married—then you probably should think about putting something in place. It doesn't have to be complicated or expensive. Our partners at ADVISORS with Purpose can help. Their advisors will explain the possible taxes on investments and strategies to avoid them, guardianship of children, the choice of executors, and the steps you can take to get your will done.

**To get started, contact [plan@advisorswithpurpose.ca](mailto:plan@advisorswithpurpose.ca).**

# PLANTING GOD'S WORD IN CHILDREN'S HEARTS



*"If anyone thirsts, let him  
come to Me and drink."*

~John 7:37

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



The goal of families in ancient Athens was to properly instruct their children so they could become good citizens of the city. It's interesting to note that the Greek word to describe this process, *paideia*, is used by the Apostle Paul when instructing believers about raising their children.

He writes in Ephesians 6:4, *Bring them up in the training and admonition of the Lord*. Another translation uses the words *discipline* and *instruction* (NLT). Paul is saying that Christian families should make sure their children are raised according to the Word so they can be good citizens of the kingdom of God.

It was a goal in American history that this country would be a city set on a hill—as Jesus said in Matthew 5:14, *"You are the light of the world. A city that is set on a hill cannot be hidden."* The aim was to be an example for all people of what could happen when a nation obeys the biblical commandments and instruction.

McGuffey's Reader was one of the most popular books of

all time in the mid-1800s and early 1900s, selling millions of copies. It was the standard for education—and it was a profoundly Christian series of readers for children. Yet over the years there has been a gradual erosion of these values. Education is no longer viewed as something to build up good American citizens who will live in the fear and admonition of the Lord.

That's why it's essential today for Christian parents and grandparents to teach their children the Bible. CBN Animation's free Superbook Kids Bible app is a wonderful way to read and study Scripture together with your family on a daily basis. This biblical resource is available to the children of the world at no cost because partners like you are dedicated to reaching the next generation with the life-changing truth of God's Word. Thank you, and God bless you!

*Excerpted from a teaching on The 700 Club. Scripture is quoted from the NKJV except as noted.*



## BLESS THE CHILDREN IN YOUR LIFE, AND TRANSFORM YOUNG HEARTS AROUND THE WORLD

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**For more information, check out [700Club.ca/Superbook-Club](https://700Club.ca/Superbook-Club)**



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