

THE
700 CLUB
CANADA

DECEMBER 2022 / 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

Be a
Shepherd



Waiting

by BILL MARKHAM

CO-Host, *The 700 Club Canada*



I do not know if you're like me, but I really do not like waiting. Waiting means that there is something

that I am hoping for that has not been realized—and I can be very impatient. Maybe as you read this you are waiting... waiting for your ship to come in, waiting for the dust to settle, waiting on the sidelines, or waiting for God to keep His promise.

In Luke 2:25-26 we read, **Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah** (NIV). Simeon had been waiting his whole life for God to fulfill a promise that He had made 4,000 years earlier. That is a *long time to wait*.

It is true that waiting can be difficult, but I have learned that waiting can actually be filled with anticipation and excitement. It just depends on how confident you are that what you hope for will happen. For those of us who trust God, like Simeon, waiting strengthens us in the difficult challenges of life because we know that God will *always* keep His promise. Christmas is the greatest reminder of this. The Messiah has come, and He is coming again (John 14:1-4).

May you find courage and strength in your waiting. May the darkness of your desperate situation be replaced with the hope that Jesus is coming again. This is worth waiting for!

We're here for you 24/7.
Call 855-759-0700, or go to
700Club.ca/Prayer

TIPS FOR *Holiday Eating*

Exchange sweets for healthful options



Guess what? You really don't have to gain weight during the holidays. Dr. Adrienne Youdim, author of *Hungry for More*, says you can avoid the extra pounds as you celebrate.

She suggests simply eating more protein. But be sure to focus on healthy protein—and remember that red meat can be bad for you if consumed regularly. Fish, though, is associated with good metabolic health and heart health, while poultry is somewhere in between. Also, vegetable proteins, such as legumes, can healthfully satisfy hunger.

A second tip is to fill half of your plate with nutrient-dense foods like fresh vegetables. They fill you up and don't have a lot of calories. "I personally love arugula," says Youdim. "I eat it practically every day. And one cup of arugula is two to five calories but has 30 vitamins, minerals, and antioxidants. So, imagine all that nutrition you're getting in each bite."

Another tip is to drink a hot beverage, like tea, after a meal to let your brain know you're done. "It takes time for our stomach ... to receive food and to give off those signals to the brain notifying that the food has been received and, therefore, those hunger hormones or signals should be shut off," she explains. "Having hot tea slows us down and allows our body ... to notify us that we are actually full."

Finally, don't skip meals before your holiday gatherings. If you do, chances are you'll be tempted to eat more, including the not-so-healthy food, later.

A Great Gift Idea

No matter what stage of life you are in, planning ahead is one of the greatest gifts you can give your family. A good estate plan ensures that your family is taken care of, your stuff is in order, and your loved ones won't have to worry about making the decisions later.

Whether your estate is large or small, ADVISORS WITH PURPOSE can help you prepare a plan for your will that is a wonderful lasting gift.

It is free and confidential. There is no obligation, and no one will sell you anything. **Contact them today at plan@advisorswithpurpose.ca**

Be a *Shepherd*

by ANDREW BURDITT

President

The Christian Broadcasting Associates



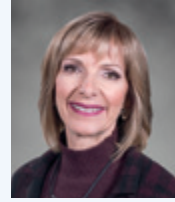
There is no doubt that for so many people around the world, Christmas is a wonderful time of the year. We share food and fellowship with friends and family, and we spend time focusing on being kind to others.

Many of us take great pride in decorating our homes with Christmas trees, lights, and stockings. Nativity scenes are often featured and are given a place of prominence. We have two that are very special to my family. Each year, we carefully decide where they will be placed and take great care in arranging each figure.

Honour Others

by LORIE HARTSHORN

Co-Host, *The 700 Club Canada*



The Bible is clear about what love looks like in a spiritual family: **Don't just pretend to love others. Really love**

them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honouring each other (Romans 12:9-10 NLT).

I love that phrase, "Take delight in honouring each other." That means when people in your community have a win in their family, finances, or health—or any goal they've set or thing they've prayed for—you celebrate with them. And when life is difficult, you are the first to comfort and support them.

Here's the amazing thing: God has wired the universe so that when you help other people, God simultaneously works on your problems. There is healing in giving back.

Remember when Job lost everything, including his health, family, and wealth? At the end of the story, God gave it all back to Job, because Job prayed—not for himself but for his friends. The Bible says, **After Job had prayed for his friends, the LORD restored his fortunes and gave him twice as much as he had before** (Job 42:10 NIV).

Here's a simple principle to follow this Christmas. Give yourself away in love, and then watch God work in your life. It's a gift that keeps on giving. May this Christmas season be a great opportunity for you to honour others and see what God does on your behalf.

Have we stopped to look at those figures and consider their role in the greatest gift that the world has ever been given?

Luke 2:1-21 recounts the story of the birth of Christ, and specifically, in verses 8-15, we learn about the shepherds.

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest heaven, and on earth peace to those on whom his favour rests." When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about" (NIV).

The shepherds were considered to be fairly low on the social ladder. We don't know their names. We only hear about them this one time, and yet God spoke to them! And later, in verse 17, we are told that: **When they had seen him, they spread the word concerning what had been told them about this child.**

More than 38 million people live in Canada, and it is so easy to forget names, to not know who people are, and to live a life of anonymity. But remember, God knows you, and God needs you to tell others about Him!

This year, as you enjoy the season, I would encourage you to remind others about why you celebrate Christmas. Explain why there is a joy in your life that so many don't have. Be a light to others and reflect the love of God.

Be a shepherd.

Merry Christmas!

EXCLUSIVE CHRISTMAS OFFER:

JOIN THE CBN ANIMATION CLUB

When you sign up today, you'll receive a Limited-Time Special Bonus Pack containing:

- A DVD copy of *Superbook GizmoGO! "Quantum Christmas"* and two copies to share with family and friends
- "The Promise of a Child" DVD
- New: *Chris and Joy's Goodnight Prayers* book

As a CBN Animation Club member, you'll also get:

- The all-new Superbook Express—an at-home Sunday school lesson presented by Gizmo
- Instant internet streaming of Superbook Seasons 1–5 with over 65 full-length episodes available
- And much more!



Discover the fun right now at 700Club.ca/Superbook-Club

follow 700 Club Canada



MARK YOUR CALENDAR

DECEMBER SPECIAL HIGHLIGHTS

WATCH AND BE AMAZED



YOUNG BOY GIFTED A SECOND CHANCE AT LIFE

After a sudden illness ravaged 5-year-old Owen's body, his family feared he might never be the same. Don't miss this Christmas miracle.



"I SPARED YOUR LIFE FOR A REASON."

From the age of 8, Eric loved the thrill of committing crimes. His life was spent in and out of prison. Then one day, after an overdose, Eric heard a voice—and it changed his life. Watch his incredible story now.



BARELY HANGING ON

When a Christmas Eve ride on a four-wheeler turned tragic, Diane was left at death's door and in desperate need of a miracle. Be sure to watch what happened next.



HOME FOR THE HOLIDAYS

A severe skateboarding accident left 18-year-old Caleb with traumatic brain injury. His parents, Dan and Debbie, feared for the worst. See how prayer and faith turned this story around.

JOIN US EVERY WEEKDAY

Watch The 700 Club Canada Weekdays:

- VisionTV – Nationwide
10:30 a.m. EST
- FaithTV – Nationwide
9:00 a.m. and 9:00 p.m. CST
- JoyTV 10 – Vancouver
1:00 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 – Vancouver
11:00 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. EST



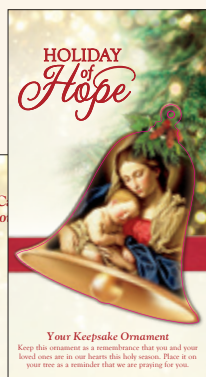
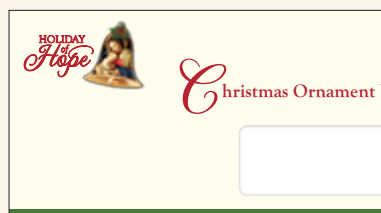
CHECK YOUR LOCAL LISTING FOR CHANNELS AND TIMES IN YOUR AREA.

BE WATCHING YOUR MAILBOX FOR A

Special Christmas Gift!

Write your prayer request on the back of one ornament and return it in the envelope included. Or, go to 700Club.ca to submit your prayer requests online. We will display your ornament on a Tree of Hope in our studio in Canada as we pray for your specific needs.

Place the second ornament on your own tree as a reminder that we are praying for your Christmas miracle!



Activating God's Word in Us



The Word became flesh and dwelt among us.

—John 1:14

by GORDON ROBERTSON
President and CEO, CBN



God's Word is incredibly powerful! In Psalm 107:20 we read, *He sent out his word and healed them.* I love Psalm 119:49, which says His word causes us to hope. And God tells us in Jeremiah 1:12, *"I am watching over my word to perform it."* When we understand the power of His Word, miracles happen!

Who is the Word? John 1:1 gives the answer: *In the beginning was the Word, and the Word was with God, and the Word was God.* Jesus is the very Word of God—and at Christmas we celebrate how God sent Him to us!

At the beginning of His ministry, Jesus opens the scroll of Isaiah and declares, *"The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind"* (Luke 4:18). All of these things are embodied in Him.

Jesus is the living Word who came to save us, heal us, and forgive us.

In Matthew 16:15, Jesus asks His disciples, *"Who do you say that I am?"* And our response should be the same as Peter's: *"You are the Christ, the Son of the living God."*

Later Jesus commands His followers, *"All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations. ... And behold, I am with you always"* (Matthew 28:18-20). All power has been given to Him—and He is with us as we announce His Word and preach the Good News!

This Christmas, may you appreciate how Jesus has come to you. May God fill you afresh with the power of His Word. And may it accomplish the purpose for which God sent Jesus—that His kingdom would come and His will would be done on earth as it is in heaven. God bless you!

From a teaching on The 700 Club. Scripture is quoted from the ESV.

Spend your Christmas with the CBN family

Join Gordon and Terry in the kitchen for their new favourite dessert. Plus find Christmas radio stations, kids shows, exclusive content from Israel, and more.

Watch at CBNfamily.com



Scan the QR code to start watching or download the CBN family app to your Roku, tablet, smartphone, or streaming device.



Frontlines is published monthly by The Christian Broadcasting Associates, Inc., P.O. Box 700, Scarborough, ON M1S 4T4, 877-439-6410 or 416-439-6411. Copyright © 2022 by The Christian Broadcasting Associates, Inc., a registered Canadian charitable organization. All rights reserved. Reproduction without written permission from the publisher is prohibited. Due to Revenue Canada regulations, not all premiums are available in Canada. Scripture is quoted from the following versions: THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide. The Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved. The ESV® Bible (The Holy Bible, English Standard Version®). ESV® Text Edition: 2016. Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. The ESV® text has been reproduced in cooperation with and by permission of Good News Publishers. Unauthorized reproduction of this publication is prohibited. All rights reserved.