

THE
700 CLUB
CANADA

FEBRUARY 2022 / 700CLUB.CA
Partners Sharing the Love of Christ

HAPPY
Valentine's Day

FRONTLINES

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CBA Partners Bring
H  **PE**
for a Bright Future



Don't Give Up

by BILL MARKHAM

Co-Host, *The 700 Club Canada*



February can be a difficult month. By now, most of our New Year's resolutions have been broken, the fun glow of Christmas has faded away into the cold grasp of winter, and the desire to escape to a tropical island may have become all-consuming. These feelings feed a deeper longing—a desire to see the world restored to the way we know it should be.

The prophet Isaiah wrote to people who were feeling overwhelmed by such darkness. Their political landscape was oppressive. The economic systems were corrupt. The marginalized were being neglected. Families were being torn apart and a passion for God was gone.

Yet, Isaiah had hope. He looked forward to a time when people would once again experience God in a powerful way. In anticipation of God's salvation brought through the Messiah, he reminded the people: *Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint* (Isaiah 40:30-31 NIV). He reminded them to hold on to their hope in the Lord, especially in the darkness.

Whenever I feel discouraged, beaten down, and ready to quit, I remind myself that Jesus is coming back. He will restore all things back into their proper order. My endurance is not bitterly and stubbornly resolving to just hold on; it is joyful anticipation that something better is coming. This hope fuels the flame of my desire to see His kingdom come, His will be done, on earth as it is in heaven.

HAVING TROUBLE LOSING WEIGHT?

It might not be your fault

When Dr. Sara Gottfried wanted to shed a few pounds, she and her husband decided to try the ketogenic diet, better known as “keto.” Her husband successfully lost 20 pounds—but Sara gained weight.

She realized that the diet didn't account for women's hormones. “It really took me doing my own research ... and then trying this keto adapted for women on my own patients to see what we need in place to really help to balance your hormones,” Dr. Gottfried explained. What she discovered was a three-part process. “It starts with detoxification, then nutritional ketosis, and finally, intermittent fasting.”

In order to detoxify the body, Dr. Gottfried recommends eating cruciferous vegetables, like cabbage, broccoli, radishes, cauliflower, onions, leeks, garlic, etc.

To reach nutritional ketosis, Dr. Gottfried recommends that you get “70% of your calories from healthy plant-based fat, about 20% of your calories from lean, healthy protein, and then the remainder, 25 net carbs or less per day.” This will keep your thyroid functioning and will help with sleep.

Finally, Dr. Gottfried recommends intermittent fasting. She explained, “You might finish eating at 8 p.m. and then eat again the next day at 10 a.m., so that allows you to have a 14-hour overnight fast. That's the period of time that's been shown to be the best in terms of resetting insulin.”

To help women balance their hormones and lose weight, Dr. Gottfried wrote the book *Women, Food, and Hormones: A 4-Week Plan to Achieve Hormonal Balance, Lose Weight, and Feel Like Yourself Again*.

Be sure to consult with your doctor before making any dietary changes.

Cruciferous vegetables can help to detoxify your body.





THE L VE

of CBA Partners Reaches Across Canada

Dear children, let us not love with words or speech but with actions and in truth.
—1 John 3:18 NIV

Every day, CBA partners are reaching out with kindness and love, demonstrating the compassion they have for people in need. Whether it's food, disaster relief, training, or medical care, every gift is showing others just how much God loves them.

We've seen the devastation on the news, and we know that many of these dear people have experienced the unthinkable and are at the lowest point in their lives. Many more are struggling to find medical care or put food on the table. All of them find hope because CBA partners care.

Prison Fellowship Canada

During the Angel Tree Christmas program, a fellow Prison Fellowship Canada staff member reported, "We arrived at the child's house to deliver a gift on behalf of a parent who was in prison. We said, 'This is a Christmas present from your dad.' 'From my DAD?' she replied, a huge smile on her face. 'THANK YOU!' It was so encouraging to see her face

light up when she realized that her father had remembered her.”

This year, we are serving more Indigenous children than ever as the Indigenous adult female population has swelled to 50% of all women incarcerated. Your generosity reaches many of those families and children.

That wouldn't be possible without your love and support!

The Scott Mission

Thanks to CBA partners, The Scott Mission was able to provide 145 food vouchers to families, and 168 vouchers to buy coats for their children this winter.

“Today I got these wonderful gift cards from The 700 Club Canada, and I just want to say thank you from the bottom of my heart. My kids are going to enjoy everything that I am able to purchase for them with this because I was wondering what was going to happen for Christmas this year,” a mother rejoiced.

Thanks to friends like you, many people in the community were able to provide a blessed Christmas for their families!

Almond Tree Ministries

The Key First Nation community is struggling with poverty, addiction, a shortage of proper housing, as well as numerous health issues. Through the support of others, Almond Tree Ministries has been able to provide groceries, some household needs, clothing, Bibles, and Christmas hampers during the Christmas season.

They worked with The 700 Club Canada to help bring the love of Jesus to this community and the *compassion of CBA partners shone through this Christmas season.*

As CBA partners, you are the hands and feet of Christ, helping us to share His love every day by providing much-needed food and living essentials, disaster relief, education, Christ-centred programming, and so much more.

Thank you for your generosity, your support, and your partnership in sharing the Gospel!



THE 700 CLUB CANADA

How Do I Love Someone Who Hurt Me?

by LORIE HARTSHORN

Co-Host, *The 700 Club Canada*



We've all been hurt in relationships. It's part of the human experience this side of heaven. If we're honest, we also must admit that we have

hurt others. Often it's unintentional, but either way, relationships are tricky. So, what do you do if someone has hurt you? Start by asking a simple but profound question: Did they intend to hurt me? Often you can see that the other person was not intentionally trying to offend. Hurt feelings reveal that you've taken offense, and being offended is a choice—whether to carry an offense or let it go. A simple conversation with the person involved can lead to healing. Often, you can work out your differences and move forward with a greater understanding of each other. I encourage you not to be easily offended.

Proverbs 17:9 (NIV) says, *Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.*

We are to be people who foster or grow love by covering over an offense. How? Through forgiveness. Forgiveness is not holding someone's sin against them or repeating the matter.

But what if someone has intentionally hurt you? Forgiveness is the answer—treating people the way God has treated us. God did not hold our sins against us. As He states in Isaiah 43:25, *“I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.”*

When God forgives our sins, He forgets them. He doesn't bring them up again. We are to do the same. So choose not to be offended and to quickly forgive. This will bring healing to your life and stronger relationships with others.

follow 700 Club Canada



MARK YOUR CALENDAR

FEBRUARY SPECIAL HIGHLIGHTS

WATCH AND BE AMAZED



HIS ACT OF WORSHIP

David was a professional skier—yet he struggled to win or land his tricks. Then one day, God told him something that changed the entire sport for him. Watch David as he skis his way into worship.



THE HISTORY OF VALENTINE'S DAY

Learn the truth behind Valentine's Day through the saint who started it all: Saint Valentine. You won't want to miss the true story behind the legend.



FREEDOM FOR HEATHER

Targeted at a young age by an online predator, Heather tried desperately to control her fear and anger by cutting and starving herself. She spiraled out of control, until the day she finally followed her father's advice. Be sure to watch her incredible transformation.



ANNIE ARISES

When 9-year-old Annie was carried unconscious from a swimming pool, no one knew if she would survive. But her family and church covered her in prayer. When she awoke, she had an incredible story to tell about her time in heaven. Don't miss her testimony.

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



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What You Need to Know About RRSPs and Your Will

RRSPs may be an excellent way to save for retirement, but what happens when some of those savings remain behind? Many think that they can be simply rolled over to the children, but unfortunately, much would go to the government in taxes first. Our partners at ADVISORS with Purpose are hosting a webinar that will explain what will happen to your RRSPs.

Presented by **Abraham Somavarapha, February 22**
at 7 p.m. Eastern/4 p.m. Pacific

To register, send your name and contact info
to register@advisorswithpurpose.ca

THE LOVE THAT WORKS MIRACLES



Give thanks to him who alone does mighty miracles. His faithful love endures forever. ~Psalm 136:4 NLT

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



How wonderful to know that God shows no partiality or favouritism. As Acts 10:34 says, God is no respecter of persons. What He has done for others, He wants to do for you.

You don't have to convince God or bargain with Him for what you need. You simply have to realize that Jesus loves you so much that He died for you. He wants to bless and heal you. When you have that realization, an abundance of miracles can happen!

Psalm 107:20 declares, *He sent His word and healed them.*

Who is the Word? The answer is found in John 1:14, *The Word became human and made his home among us. He was full of unfailing love and faithfulness (NLT).*

The Word is Jesus! Because of His great love for us, the Word became flesh and lived among us. The Word took our sins and carried them away, separating us from our sins as far away as the East is from the West. The

Word justifies us—as if we had never sinned.

This is why Hebrews 4:16 tells us, *Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

Jesus Himself bore our infirmities and took them away. And 1 Peter 2:24 assures us that by His stripes we were healed. That's what He has already done. The Word came. He lived. He died for you and me. We were healed by His wounds. Yet He didn't stop there. On the third day He was raised from the dead.

These are not some wishful hopes. These are facts. And here's another fact: That same resurrection power is available to you today. So let's leave everything else behind and believe. And when we do, wonderful things can happen. God bless you!

Excerpted from The 700 Club. Scripture is quoted from the NKJV except as noted.

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