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*Gratitude,
Joy, and
Power*



Jesus Is Better!

by BILL MARKHAM

Co-Host, *The 700 Club Canada*



Beyond the constraints of any lesson, law, or earthly leader, the supremacy of Jesus echoes powerfully through the book of Hebrews. This message is directed towards those ensnared in the ceaseless pursuit of the latest fleeting “truth,” the elusive “five-step formula” for success, or the fervent search for transformative leaders who will reshape our nation. It is also a somber warning to those of us who cling to tradition and works as a means of experiencing salvation.

While reading through Hebrews, I am confronted with some deep questions. Has my personal relationship with Jesus been clouded by a façade of formality, overshadowing the intimate connection He wants to have with me? Has my inclination to construct intricate systems and structures that honour Jesus displaced the delight of simply existing in His presence? Have I allowed my words and actions to be motivated by the fear that I might not get into heaven, rather than having the faith to partner with Jesus in bringing heaven to earth?

The disparity might appear subtle, but the difference is pivotal. The former hinges upon my capability, while the latter yields to the supreme authority of Christ. The former is centred on my resolution; the latter leans upon Christ’s redemption. This is why the book of Hebrews commences with a resounding reminder: **In the past God spoke to our ancestors through the prophets at many times and in various ways, but in these last days, he has spoken to us by his Son, whom he appointed heir of all things, and through whom also he made the universe (NIV).**

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EXERCISE EVERY DAY

Set your mind for success



Do you really want to exercise but avoid it instead? Well, now’s the time to change your mind.

According to sports and exercise psychologist Dr. Haley Perlus, we can overcome mental blocks that sabotage our efforts. The mind, she says, “sometimes prevents us from following through on our good intentions.”

Talking with *Healthy Living’s* Lorie Johnson, Dr. Perlus asks, “What do you love to do? Do you love to be social? Do you love to be outside? Do you love to learn new things? Are you competitive? Do you love competition? Find out what you already love to do in life. And then find an exercise program that satisfies that existing love.”

For example, do you like to be around people when you work out or do you like to be alone outdoors? Dr. Perlus says connecting exercise with what you already love will assist in breaking mental blocks—and will help you “get into the habit of exercise, which is the most important part.”

She stresses that “something is better than nothing” and perfection is not the goal.

“I honestly can say that I do something every single day, even if it’s just for 10 minutes. Keep the habit alive.”

Interestingly, Dr. Perlus says she wants to be the best at recovering. “If I get my mind focused on how I can get back up ... that allows me to get back on the path of success very quickly. And then ... I’m just a healthier, more optimistic, more motivated individual as opposed to just focusing on all the failures.”

Discover more at DrHaleyPerlus.com.

Before starting any new health regimen, please consult with your doctor.

Gratitude, Joy, and Power

by Andrew Burditt
PRESIDENT, THE CHRISTIAN BROADCASTING ASSOCIATES

As we all know, during the month of October in Canada we celebrate Thanksgiving. We eat, we spend time with family and friends and, in many of those circumstances, we will take the time to express our thanks for what is good in our lives. We are thankful for family, our health, employment, and the opportunity to be together.

I often wonder, when we do so, is it a ritual—a matter of course—or do we truly take the time to think about why we are thankful? I have no doubt that many of us do exactly that with great sincerity. However, I am also confident that for far too many people, there is more time spent worrying about our problems and challenges than truly expressing our gratitude for what is good in our lives.

For believers, true gratitude comes from the knowledge that Christ lives in our heart. The same God who parted the waters of the Red Sea and tore down the walls of Jericho also bore the weight of the world's sin on His shoulders, and He did that for you, me, and every single person on this planet.

That profound reality is enough to drop us to our knees while we worship Him and attempt to say thank you.

The best way we can express our gratitude to God is to acknowledge Him by living the life He has planned for us. When that happens, we experience a joy that is unlike anything else on this earth.

Paul writes about this in his letter to the Philippians: **Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind (Philippians 2:1-2).**

Just like when you smile at a stranger, joy can be contagious. When that gratitude is honest and true, and when the resulting joy is grounded in Christ, we share that message with others. It is not just a duty. It is a story that we cannot help but tell because our cups are overflowing with His love.



As Jesus reminds His disciples in **Acts 1:8**, the power that is bestowed upon us to sing His praises comes directly from the Holy Spirit.

“But you will receive power when the Holy Spirit comes upon you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

Scripture is quoted from the NIV.

May God richly bless you!



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THE 700 CLUB CANADA

Be Ready!

by LORIE HARTSHORN

Co-Host, *The 700 Club Canada*



First Peter 3:15
(NLT) says, **Instead, you must worship Christ as Lord of your life. And if someone asks about**

your hope as a believer, always be ready to explain it.

For years I read this verse and thought, I just need the answer ready when someone asks me about Jesus. But that is not the meaning or intent behind this verse. We should not live our Christian lives waiting for someone to ask about it.

This verse is in the context of Paul encouraging believers to live a life so that people notice their faith in Jesus. He was writing to Christians who were suffering for their faith. It was no secret that they had faith in Jesus. Their lives showed it. So Paul says, don’t get discouraged. Keep doing good, and **“always be ready to explain it.”**

The question for us today is, are we ready to share why we follow Jesus? It doesn’t mean you have to have all the answers, but this does mean that we must be willing and ready to have spiritual conversations about God and following Jesus.

The main way you and I can do this is by simply sharing what God has done in our lives and what He is doing in our lives today. This is the power of our personal testimony.

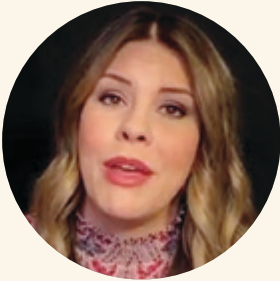
So why do you follow Jesus? Who have you told lately? Be of great courage. People are desperate to hear the Good News. This is an act of worship of your Lord Jesus Christ that will bring you great joy.

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A PROMISING FUTURE

Tasha's search for truth led to even more confusion. She was ready to commit suicide—until a friend intervened.



SET FREE

Struggling with addiction, Raymond felt broken and hopeless. Then Jesus wrote a new chapter in his story.



TOTAL HEALING

Robin suffered a brain bleed that could have been deadly. But through the prayers of loved ones, God gave her a surprising health report.



A THANKSGIVING MIRACLE

On Thanksgiving morning, Amy and her husband woke up ill from carbon monoxide poisoning. See how their fears transformed into praise.

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. MT



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
10:00 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.

October 24, 2023 8 p.m. (EDT)

Estate Planning: Giving You Peace of Mind

with Lorne Jackson and
Mary Lynn Huizinga

When it comes to all the to-dos in our life, getting our things in order and creating a Will tends to be one of the things we put off until another day. There are many reasons why we procrastinate, but we are often worried about some difficult decisions to make, and we aren't sure where to go for help. When asked, people said that a peace of mind is the first benefit of completing their Will and estate plan. The satisfaction of knowing that a plan is in place, your Will is well designed, you have taken care of your loved ones, the hard decisions have been made, and your Will reflects your goals and values can put your heart and mind at ease. We invite you to join our partners at Advisors with Purpose for this one-hour webinar hosted by Lorne Jackson and Mary Lynn Huizinga. They will discuss several situations and topics of concern to many people and how you can plan well for them.



Contact register@advisorswithpurpose.ca to register

THANKSGIVING: Gateway to Miracles



*Receive God's blessings
as you praise Him!*

by GORDON ROBERTSON
President and CEO, CBN



This season is a wonderful opportunity to set aside time to thank God for His bountiful gifts to us. As David says in Psalm 103:2, *Bless the LORD, O my soul, and forget not all His benefits.*

What are His benefits to us? The psalm begins to list them in the next verse: *Who forgives all your iniquities.* Isn't that amazing? God forgives every single sin, every single mistake—known and unknown. He forgives them all. So let's thank Him for that!

Verse 3 continues, *Who heals all your diseases.* He has promised to heal every ailment and illness, and we can trust Him to keep His Word.

The list of God's blessings continues in verses 4-5: *who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's.*

Open your eyes and see that everything around you is a gift. Your breath is a gift. Faith is a gift. It's a miracle

that you can hear words and have meaning come into your spirit and your heart.

How do you receive a miracle? With thanksgiving! His Word tells us, *Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you* (1 Thessalonians 5:16-18).

When you have that attitude and you see life as His gift, then everything becomes an opportunity for the glory of the Lord to be revealed.

When problems or difficulties arise, thank Him for the solution—because Jesus is the answer to every human need. Turn to Him and come into His presence with a grateful heart.

As Psalm 100:4 says, *Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.*

May God bless you as you bless Him!

Excerpted from The 700 Club. Scripture is quoted from the NKJV.

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