



# Heart Talk

E . D . I . T . O . R . I . A . L

Dearly beloved in Christ,

Greetings in the wonderful name of our Lord and Savior Jesus Christ! Praise God for leading us all through the past two months. Our God has been faithful in leading us and using us for His Kingdom purpose.

The Signs and Wonders seminar held from the 22<sup>nd</sup> to the 26<sup>th</sup> of February in Poondi was glorious. Nearly thousand people gathered from all the provinces of India and from other nations too. They came with a great zeal and were challenged to minister with signs and wonders. They testified that their spirit was recharged and they were transformed. The urge for miracles motivated them for a mighty ministry. God willing, we might have Signs and Wonders Seminar, part II shortly.

The construction in our Poondi project is progressing. Satan tries his best to hinder the work. But praise God! He makes us victorious in all places and at all times. Don't forget to pray for a minimum of five minutes every day. Pray for the needs to be met and the construction to be completed soon. Pray that God's knowledge and wisdom should overpower all those involved in this work.

Thank you for all your support. You are welcome to stay in our camp site either individually or as a family, to pray for the proceedings. If you decide to do so, please contact us. We need Architects, Landscape specialists, Engineers and other technicians on short term and long term basis to help us.

The School of Worship will be held from 10<sup>th</sup> to 20<sup>th</sup> of May. You will be able to learn all the worship songs and the musical instruments. The purpose of this school is to shape you as a worshiper and release the worship anointing all through the nations.

As usual, we are going to gather in Poondi for the Short Term Course that will be held from the 10<sup>th</sup> to the 20<sup>th</sup> of August.

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Continuing  
Miracle Power

Dr.Ezekiah Francis

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Health  
YOUR MOST IMPORTANT ASSET  
BRAIN EXERCISE

Rev.Benita Francis

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Start preparing from now on. You can also invite those who have a real burden to serve the Lord.

The 23<sup>rd</sup> batch of School of the Holy Spirit is going on in our camp site. Pray that the Lord should work in their lives according to His perfect will and transform them into a different person.

We have continuous meetings in the days to come. Pray for God's anointing, health, glory and new strength to fill us.

Always remember to pray for me, my wife, my aged parents, counselors, coordinators, leaders, partners and staff. You shall receive a prophetic reward.

Your brother in Christ,



V. Ezekiah Francis

# Brethren! Please pray for us!

## NCEF Tamil Pastors and Leaders Conference

Full Gospel Tabernacle,  
Selangor, Malaysia  
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27th Mar 10 to 31st Mar 10

School of Worship

BPM campsite, Poondi

10th May 10 to 20th May 10

## Signs and Wonders Conference

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# CONTINUING MIRACLE POWER



P R O P H E T E Z E K I A H F R A N C I S

*Go in to Pharaoh and tell him, 'Thus says the Lord God of the Hebrews: "Let My people go, that they may serve Me. For if you refuse to let them go, and still hold them, behold, the hand of the Lord will be on your cattle... a very severe pestilence."' (Ex.9:1-3)*

*And truly Jesus did many other signs in the presence of His disciples, which are not written in this book... And there are also many other things that Jesus did, which if they were written one by one, I suppose that even the world itself could not contain the books that would be written. Amen. (Jn.20:30; 21:25)*

Life in Christ is a life of continuous miracles. Christ in you is the great Miracle-Worker. If you continuously walk in your privileges in Christ, you will witness miracles every day. Every moment of Jesus was a miracle. His look, touch, words, rebukes, sleep, even His saliva was miraculous. This miracle-life has become yours now! In Christ, you are above the ordinary and natural. You have abundance of life, extraordinary life, supernatural life right within you! God can do any number of miracles to deliver you and your people.

This is pictured in the continuous miracles God performed to redeem His people from Pharaoh. Remember, it's not a single miracle but multiple miracles that broke the hardness of Pharaoh (Ex. 7:3). God laid His hand on Egypt with ten mighty acts of judgment. In Christ, not only ten, but tens of thousands of miracles are available to you to break your enemy. Take heart!

Every miracle of God displays His power and greatness. No matter how hard the enemy may be, God's miracle power is more than enough to melt the devil's power! As Samson's ropes and bondages became like flax in the fire, all the enemy's chains shall be melted by the power of God (Jud.15:14).

This is what happened to Pharaoh. You can clearly see how his heart began to melt after every

miracle. When the magicians could show their power, Pharaoh was very hardened (Ex.7:10-13). When they no longer could do anything, it was a death blow to Pharaoh's pride. Still, he tried to harden his heart. When God sent swarms of flies on him and his people, he was a little shaken and asked them to sacrifice to their God in his land (Ex.8:25).

Every now and then, Pharaoh showed a sign of repentance. After the fourth miracle, he even asked Moses to intercede for him (Ex.8:28). Every time the judgment was revoked, his heart became harder again. Yet when the plague increased more and more, Pharaoh's heart was again slowly melting. He even confessed his sin and promised to let them go (Ex.9:27-28). Then he wanted to keep the women, children and flocks in Egypt. Only the final miracle broke him and his people totally so that they even urged them to leave the country (Ex.12:31-33). Such is the power of continuous miracles!

Doing miracles occasionally will not get the job done. Some boast about the few miracles done in the past, but the nations will never be touched by a few miracles here and there. God performed continuous miracles until Pharaoh's heart melted. He continues until He completes.

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PROPHETIC MESSAGES ∪ MINISTRY ACTIVITIES ∪ E-SHOP ∪ MINISTRY SCHEDULES ∪ E-MAGAZINE

Our nations must see the continuous manifestation of God's power. The repentance needed for the transformation of nations is yet to come. Don't give up! Every miracle will gradually break the power of darkness. When you persuade the enemies with continuous miracles, one day the enemy's hold will be totally broken. This is what happened to Pharaoh.

Beloved, God did many miracles in your life, but still you have not seen great breakthroughs. Don't stop expecting miracles. Increase your passion for more miracles. The Early Church witnessed many mighty miracles, yet they asked for more (Ac.4:23-30). Elisha asked for more than what Elijah had (2.Ki.2:9). When your problems increase, let the miracles also increase. Never stop coveting more of His miracles until you see a thorough change in your life and nation.

In Christ, God's continuous miracle power is mightily working in your life. Be persistent! Your enemy never stops his evil works. Even after his shameful defeat in the wilderness, he left the Lord only for a season (Mt.4:11). Jesus continued to destroy his works till He finally overcame him on the cross. In Christ, His total victory is yours! Don't be satisfied with a partial victory. Jesus was not satisfied when the blind man saw men walking as trees (Mk.8:24-25). He touched him again to complete the healing. Expect His second touch for a perfect miracle! You have God's enduring power in you to stand till the end (Mt.24:13). Count every one of God's past miracles and believe for more. He who began a good work in you will complete it (Phil.1:6). Rejoice TODAY!

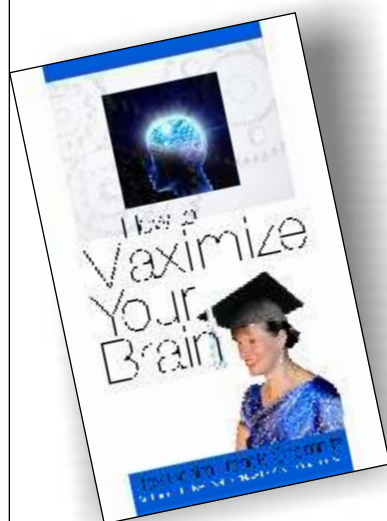
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*Rev. Benita Francis*

# Health

Your most important asset

## BRAIN EXERCISE

Dear family of God, as so many other areas of your life, your brain works according to the principle "USE IT OR LOSE IT". Praise our wonderful Lord Jesus! You don't need to let your brain die down slowly! Actually, science has proven that the well-trained brain of a 75 year old person can be BETTER, FASTER and MORE INTELLIGENT than the average brain of a 30 year old person that doesn't care about brain health. How can you achieve this blessing of a healthy, active brain all throughout your lifetime? Let us study.

### STIMULATION AND ACTIVATION ("BRAIN EXERCISE")

Your brain needs two things to stay fit and active: stimulation and activation. Stimulation is provided mainly by impulses from the outside while activation happens mainly when a memory is accessed again and thereby activated. Regions of the brain that are activated during a certain task (like reading, for example) can be distinguished by their increased need of oxygen and made visible using brain imaging techniques.

Of course, as our Lord Jesus says so clearly, HIS WORDS are SPIRIT and they are LIFE (Jn.6:63). The WORD of GOD is your very life, your strength, your health, your success and your future (Dt.32:46-47; Pr.4:4-13; Jos.1:7-8; Ps.1:1-3). Meditating on God's Word will open up all your senses and connect you to heaven and to God's eternal wisdom. So start your day with prayer and meditation on the Word of God, as our God commanded and our great and wise Bible saints did (Ps.63:1; 119:147; Isa.50:4, and so many more). If you want to give a jumpstart to your brain, open the windows and breathe in and out deeply. (Don't do that in areas and times of high pollution, though!). The fresh oxygen is rushed into your brain and into your entire body. It speeds up metabolic processes and prepares you for an active day ahead.

Increased sedentary lifestyle, long TV viewing hours, and endless computer sessions at home and at work have impacted our neurological health. The dramatic increase

in ADD/ADHD, autism, learning disabilities and behavioral problems over the past 20 years can be directly linked to the appearance of television, video players and recorders, game boys and computer games. Diabetes, obesity and the consumption of junk foods are escalating. Did you know that the incidence of heart attacks and strokes increased considerably after the remote control was invented?! A recent study from Australia showed that people who sit and watch TV four hours or more per day have a 84% increased higher risk of dying of cardio-vascular problems than compared to people who watch less than two hours and move more! This modern society, people don't move anymore! Even the tiny little "exercise" of getting up during a TV program to change the channel does something for your health! So don't allow modern technologies to steal away your brain and body exercise and health!

### STIMULATION

Your brain needs stimulation, which means, it needs impulses from outside to stay fit. Modern science uses a method called "deep brain stimulation" to treat severe depression and other psychological disorders. In this procedure, doctors introduce electrodes into the patient's brain and stimulate specific brain areas with electric shocks. Praise be to Jesus, you don't need such treatments! Your Bible, your Owner's Manual, hand-written by your Creator, gives you better alternatives! A very good and easy way to provide impulses for brain stimulation is physical movement. Studies have shown that many cases of depression can be healed just by physical activity and sunlight! Praise- and Worship-dances are powerful tools that bring joy to God's heart, and to your own heart and mind as well. Jump and dance before the Lord, as King David did (2.Sa.6:16-23)! You can celebrate the victory of Jesus with song and dance like Moses and Miriam did (Ex.15:20f). Did you know that Smith Wigglesworth, who raised 23 people from the dead, used to start his day by jumping out of his bed, running around it and shouting praises to Jesus?! He kept up this wonderful habit until the day of his glorious death - a death in his eighties, still fully active in ministry and in vibrant spiritual, mental and physical health. What an example to follow!

Adequate upright movement under gravity, such as play and sports, is probably the largest contributor to proper brain development in our children. It is probably also the largest contributor to neurological and general health among our grown-up population. Most of the centers of your brain are stimulated and activated by sport activities, including the center for balance in space. Your God created you to move.

So please!!! In the Name of Jesus Christ of Nazareth, RISE UP AND WALK (Ac.3:6)!!! MOVE!!! Make your children move!!! Your brain will be most grateful.

Physical movement gives you endless opportunities to stimulate and train your brain. You can play outdoor ball games and strengthen at the same time your general stamina, your immune system, your muscles, your balance AND your brain! You can also improve your character and social skills by learning how to compete, win and lose with dignity. You can learn to laugh at yourself and your mistakes and get the added health benefits of a few good belly laughs - and all of these blessings come even free of charge :!

So please, in order to ensure perfect brain health far into your old age, make a decision today to take part in social sport events! After some time, you will even enjoy it!

#### ACTIVATION

In the morning and anytime during your day, you can do some special brain exercises to "activate" the full speed of your brain. Invent new challenges for your brain, like brushing your teeth with your left hand, and/or standing on one leg, and/or with your eyes closed. Select your dress using only your sense of touch, keeping your eyes closed. Get dressed with your eyes closed. Go to work or school by another way than normally. Breaking out of your routine will activate your brain and even build new connections between your neurons. Your brain will grow!!!

Try reading a paragraph from your Bible upside-down. Your brain will first be confused, but very soon you will see the benefits of this exercise. This challenge will result in an improved ability to remember the text you read in this way, simply because your brain has to put more effort into deciphering it.

Praying in tongues (your own personal prayer language, see Mk.16:17; Ac.2:4; 1.Co.14:2,4,18) is another powerful life-enhancing tool your loving Creator has given you. Not only the language center, but also other centers in your brain are activated when you speak in tongues. I have heard of research confirming that endorphins, your own "feel-well-chemicals", are secreted by your brain if you keep speaking in tongues your prayer language for a while.

If you get tired during a time of reading and studying, try this "brain-speed-exercise": Take the first letter of the paragraph you are reading, and count as quickly as you can how many times this letter appears in the paragraph. You will be surprised to see how fresh and awake your brain is after this sudden "sprint"!

Another powerful way to jumpstart your brain and improve the coordination of your eyes, hands and brain is the mirror game. Put a piece of paper before you and take a mirror in your left hand. Put the mirror in an upright position at the top of the paper so that you can see in the mirror what you

write with your right hand on the paper. Now write your name as fast as you can WITHOUT looking at the paper, ONLY by looking into the mirror. It should be readable in the mirror, and appear in mirror letters on your paper. Again, what seems to confuse your brain in the beginning will prove to greatly improve your workflow in the long run. You can play this game as a competition: All must write the same word or sentence. Whoever finishes first with clearly readable letters is the winner. I guarantee you will have lots of fun!

You can also use waiting times very fruitfully. Instead of getting all upset in a traffic jam, play a game with the people around you. One game we enjoyed as children is quickly finding "word-chains": Say the name of any object within the reach of your eyes. The next person must now find an object that begins with the last letter of the object you mentioned, and so on. It could go like this: Signal - Lamp - Paper - Ramp - Policeman - Nameplate - and so on. This game will train your brain in speed, visual awareness, language skills and overall flexibility. Your waiting time will seem even too short to you!

Another game you can play anywhere and anytime is "object guessing": One person chooses an object that is clearly visible to all. The others try to find out which is the object by asking intelligent questions. You are not allowed to ask questions like, "What is the color of the object" etc. You can only ask, "Is the object red or green?" In the easy version, you can still allow some spoken answers or explanations. For more experienced players, the only allowed answers are "yes" or "no". The goal is to find out the object with as few questions as possible. This game will definitely stretch your short term memory and increase your brain speed, visual awareness, problem solving abilities and ability to connect facts in your mind!

Another one of my favorite games is "word creation". Here again, you have an easy and a more brain-challenging version. In the easy version, you write down the a long word for everybody to see. Now each player tries to build as many words as possible, using only the letters present in that word. The winner is the one who created most words in the shortest time. In the more difficult version, you don't write down the word. You rely entirely on your short term memory to "see" the word before your eyes and play with its letters to create new words. Of course, the brain training effect is much greater in the second version, but both versions are brain-building,

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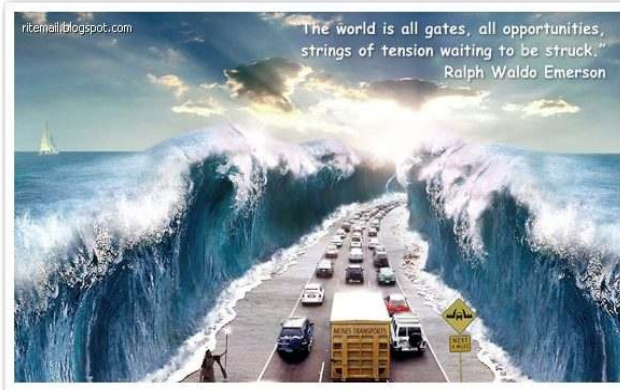
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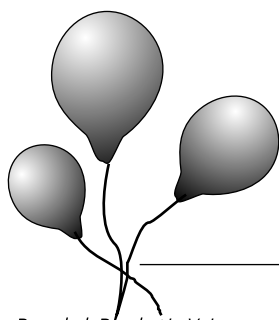
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*Dear Amma Yesudial*

With long life will I satisfy him,  
and shew him my salvation - Psa 91:16

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