



THE GOD PRESCRIPTION FOR HEALTH—BELIEVE IN GOD'S LOVE FOR YOU

KENNETH COPELAND AND DR. AVERY JACKSON
OCTOBER 14-18, 2019

DAY 1 – EXERCISE YOUR FAITH FOR SPIRITUAL, EMOTIONAL AND PHYSICAL HEALTH

Kenneth Copeland's guest this week is Dr. Avery Jackson. Have faith in God to overcome physical and emotional issues. Stay in faith and continue to listen to the Holy Spirit. These powerful, spiritual, lifesaving principles that we preach produce people of faith. God is the Author of the scientific as well as the spiritual parts of life.

STUDY IT

- I. Kenneth Copeland's guest this week is Dr. Avery Jackson.
 - He is the CEO and medical director of Michigan Medical Institute in the Detroit, Michigan, area. Spiritually, he is a product of Pastors Keith and Deborah Butler's church, Word of Faith International Christian Center.
 - God put the plan to be a brain surgeon into Dr. Jackson's heart when he was a little boy.
 - If you are interested in living a life of faith, then you do not have the privilege of choosing your vocation. God has created you for a specific calling.
 - Don't just put your children in a pipeline and shove them through it. Listen to God for His plan for you and your children.
 - When Kenneth was attending Oral Roberts University, God told him it was time to move on into his ministry.
 - Watch your children. See where their graces are and what they like to do. Then, do it with them.
 - Don't attempt to thwart the plan of God in their lives.
 - Don't try to separate the secular gifts and desires from spiritual direction. They go together.
 - Dr. Jackson had 15 years of training after high school. If being a surgeon had not been the direction he knew God wanted him to go, he would have gotten discouraged and possibly quit.



- II. Have faith in God to overcome physical and emotional issues.
- Mental health affects the whole body. Even if the trauma is only perceived, it still can lead to emotional instability, then to chronic pain and on to depression.
 - We must work on exercising our emotional health and our faith to combat those issues.
 - When you look into God's WORD, you realize that the physical is only one-third of the human being.
 - In God's perspective, a person needs to be whole in the other two-thirds also.
 - God promised us to be whole, spirit, soul and body (1 Thessalonians 5:23).
 - Joshua followed Moses for years; then Joshua became the leader. He had to face the giants he saw 40 years before.
 - God's answer: Meditate in God's WORD night and day. Then you will see how to prosper and deal wisely (Joshua 1:8).
- III. Stay in faith and continue to listen to the Holy Spirit.
- Dr. Jackson was operating to repair an aneurism in someone's brain.
 - The aneurism was in a small place that was full of blood. The process could have been very stressful.
 - Dr. Jackson called on The LORD to guide his hands. He found the place that was bleeding, and he fixed it successfully.
 - You must not allow stress, pressure or fear to cause you to make a misstep.
 - Pray in the spirit during these times! Remember, Jesus is there with you every step of the way.
- IV. These powerful, spiritual, lifesaving principles that we preach, produce people of faith.
- The ministry of faith that God called Brother Copeland to has fed the faith of Dr. Jackson and other doctors who use what they have learned in every surgery.
 - A police officer who listened to Kenneth teach, used faith in his police work.
 - As he prayed in the spirit, God told him where to go and how to find the criminals without being hurt.
- V. God is the Author of the scientific as well as the spiritual parts of life.
- We shouldn't separate natural things from spiritual things.
 - God created our DNA as part of His premediated love for His man.
 - God put you together, and He knows all the specifics.



- “A merry heart doeth good like a medicine: but a broken spirit drieth the bones” (Proverbs 17:22).
 - Bones contain bone marrow, which is made up of stem cells.
 - Stem cells that repair injured tissues were created by God and put within you before you were in your mother’s womb.
 - When you’re not exercising your faith, you can become depressed. That depression can have an effect on stem cells and can dry up your bones.
- God knows every problem and every remedy!

MAKE IT PERSONAL

Pray with us:

Heavenly Father, thank You for Your great love. I want to know You and Your love more and more. Your love is greater than my problems, so I turn to You for help and comfort every day.

Thank You, Sir, for Your powerful, wonderful love for me! In Jesus’ Name. Amen.



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DAY 2 – ACTIVATE THE GOD PRESCRIPTION BY TAKING THOUGHTS CAPTIVE

Activate the God prescription by taking thoughts captive. When The LORD created us, He was so good to make all the parts of our being work together. The brain controls all the body functions and communicates with all the cells. Exercise, praying in the spirit and staying in God's WORD keeps your blood pressure normal. Use God's peace to undo hurts, and stop unhealthy anger and reactive loops. Get a person laughing. It will change their whole inner environment.

STUDY IT

- I. Activate the God prescription by taking thoughts captive.
 - Let God make you whole: spirit, soul and body (1 Thessalonians 5:15-23).
 - Don't return evil for evil, but laugh and help your brain.
 - Pray continually in the Spirit of God.
 - In everything give thanks—this is the will of God.
 - Pray for the pastor, and give something to the church besides your tithes and offerings.
- II. When The LORD created us, He was so good to make all the parts of our being work together.
 - God knows that when we honor and are kind to others, it's also a protective action to our own minds and physical bodies.
 - When someone does something against you and makes you angry, your prefrontal cortex triggers a cascade of stress hormones that affect your blood pressure, physical body and your health.
 - When you give, the pleasure centers in your brain light up much more than when you receive. It really is more BLESSED and healthier to give than to receive (Acts 20:35).





- III. The brain controls all the body functions and communicates with all the cells.
- There are specific scriptures Dr. Jackson uses for the brain concerning seizures and mental disorders,
 - “But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed” (Isaiah 53:5).
 - “The Spirit of The LORD is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised” (Luke 4:18).
 - The Thayer definition of *bruised* is “to tear in pieces, break forth, distort or convulse.”
 - The definition of a seizure is a chaotic electrical activity, which can be expressed from the brain as muscle contractions or convulsions.
 - God understands all these issues in the brain and the mind that lead to physical issues.
- IV. Exercise, praying in the spirit and staying in God’s WORD keep your blood pressure normal.
- The phrases, “relaxation response” and “fight or flight syndrome” were coined to describe responses of high blood pressure.
 - Thoughts affect the physical body; such as, apprehensive thoughts about a doctor visit may raise a person’s blood pressure.
 - When the patient returns home from the doctor, his blood pressure goes back to normal.
 - The areas of your brain that normally light up when you communicate, don’t light up when you pray in your heavenly language. The frontal lobe is silent.
 - When you speak in tongues, the words come out of your spirit, not your brain.
 - When you pray in your heavenly language, your blood goes to the receptive sides of your brain.
 - You can be listening and receiving from the Holy Spirit at the same time.
- V. Use God’s peace to undo hurts, and stop unhealthy anger and reactive loops.
- When you begin to see the world filtered through hurts, you become more and more angry and reactive. Death can be caused by your destructive thoughts.
 - Autoimmune disorders develop loops in your mind that will destroy you.
 - The immune system is operating properly when it destroys foreign infections; but it’s not designed to attack you.



- God loves you and doesn't want your immune system turned in the wrong direction.
 - For help, connect medical treatment to treatment for the mind and soul. The spirit, soul and body, all three, must be treated.
- VI. Get a person laughing. It will change their whole inner environment.
- Apply God's peace to any situation, no matter how bad, so your thoughts do not become self-destructive.
 - Exercise has an important effect on the body.
 - A sedentary lifestyle promotes death by heart attack and/or stroke.
 - You must battle the lifestyle of sitting and standing every day for six to eight hours with physical exercise.
 - Twenty minutes of exercise twice a day will reverse the sedentary lifestyle.

MAKE IT PERSONAL

1. Read 2 Corinthians 10:4-6, *AMPC*.

"For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds, [inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One), being in readiness to punish every [insubordinate for his] disobedience, when your own submission and obedience [as a church] are fully secured and complete."

2. Make a list of your thoughts that need to be taken captive and removed from your mind.

3. Pray for God's Spirit to totally cleanse you from these thoughts of fear, hurt and unbelief.



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DAY 3 – EXERCISE YOUR SPIRIT AND BODY TO INCREASE BLOOD FLOW

Exercise your spirit and body to increase blood flow. The brain controls the signals to all the cells in the body, and it needs a continuous flow of blood to remain healthy. God's plan is that you be whole: spirit, soul and body. You must change the way you think; that is renew your mind. Your thoughts and words affect you all the way to a genetic level.

STUDY IT

- I. Exercise your spirit and body to increase blood flow.
 - Preventive healing is a matter of blood flow and oxygen. The life is in the blood (Leviticus 17:11).
 - As you exercise, the blood vessels dilate. As you take oxygen into your brain, you stay healthy.
 - Blood flow for an unborn child depends on what happens with Mom while the baby is in the womb.
 - If the mom has lots of stress, it causes her and the baby's blood vessels to constrict, and restricts the flow of nutrients to the baby.
 - At some point, there will be a physical effect of the restrictive blood flow.
 - In the elderly, neurodegenerative disorders and other problems can be traced to a decrease of blood flow.
 - One study counted the number of neuro stem cells (reproductive cells) in the brain.
 - The older and younger people in the study had the same number of neuro cells in their brains.
 - The status of their health was different because of the freedom of blood flow.
 - If blood flow decreases, the stem cells don't get nourished, and they don't reproduce as they should.
 - Physical exercise and laughter help blood flow.
 - A lifestyle of bad habits, such as smoking and eating a poor diet, as well as high cholesterol levels, restrict blood flow.
 - Only 10-20% of cholesterol comes from what you eat.





- The majority of high cholesterol is determined by internal factors, such as stress and not enough exercise. The arteries harden and prevent healthy blood flow.
 - Each year, 400,000 Americans die from heart attacks and strokes.
- II. The brain controls the signals to all the cells in the body, and it needs a continuous flow of blood to remain healthy.
- When we take on The LORD's peace, we calm down and can get the blood flow we need, especially to the brain.
 - Harvard conducted a study about dancing being a good exercise.
 - Dr. Jackson advises people to pray in their heavenly language and dance in the spirit.
 - One of the things that kept the children of Israel strong was obedience to God's WORD: to remember and celebrate God's deliverance with feasts that included dancing and shouting.
 - God was giving instructions so the people could live 120 years. That's the Bible plan.
 - God was telling His people how to exercise, eat healthy foods and live. He spoke out of a heart of love.
 - Dancing helps the muscles, the immune system and the lymphatic system; and it's fun!
 - Belly laughs are good, too!
 - Children laugh about 300 times per day.
 - Adults over 30, laugh less than 10 times over a few weeks, because of all the stress they take on.
- III. God's plan is that we be whole: spirit, soul and body.
- We need to be baptized in the Holy Spirit, renew our minds, and engage regularly in physical exercise.
 - If we don't take care of the whole being, weakness in the body can affect the other two-thirds of the system.
 - When your body isn't functioning properly, your soul (mind, will and emotions) focuses primarily on the pain.
 - In that case, it's hard to hear God or help other people, because you are so focused on yourself.
- IV. We must change the way we think; that is, renew our minds (Romans 12:2).
- You can create a habit of speaking in faith what God says.
 - Jesus said, "Therefore take no thought, saying" (Matthew 6:31).
 - A thought comes to your mind, and your words will follow.



- Without restraint, you will speak your thoughts of fear, unbelief or wrong thinking. Those thoughts must be stopped before they become words.
 - Instead, think about God's will and speak those thoughts.
 - If you have a habit of thinking wrong thoughts, you can break it.
 - Begin taking wrong thoughts captive for three cycles of 21 days.
 - The old thinking habit will be broken, and a new habit of taking thoughts captive will be formed.
 - Bishop Keith Butler says there are five elements of faith: hear, receive, believe, say it and act on it. There are implications to those elements in your brain and mind that are important.
 - A science discipline was developed in 2004—psychoneuroimmunology. It's the process of putting together faith and prayer, along with biochemistry and other physical sciences.
 - It describes how thoughts affect the physical body.
- V. Your thoughts and words affect you all the way to a genetic level.
- Within psychoneuroimmunology, there is another piece called epigenetics.
 - Epigenetics teaches that the receptors located on each cell wall in our bodies are affected by our thoughts and words.
 - By changing your thoughts and words over three cycles of 21 days, there's a genetic transfer or change.
 - When you say something based on what you think, it's going to have an effect on you—all the way to a genetic level.
 - Your words, which are based on your thoughts, play a major role in your genetic makeup, and they can affect your health.
 - Your genetics can be changed by what you say, along with what comes in from your environment and also your level of exercise.
 - When changes take place, you can hear something that bothered you before, but it won't bother you anymore.
 - It's a spiritual law: If you say something long enough for it to get in your heart, it will control your life.
 - Even if it's something you think is funny, but the words are not life-giving, those words will shorten your life.
 - When you confess these words as sin, and make the decision to never say them again, the spirit of that thing will leave you!



MAKE IT PERSONAL

Physical exercise is good for you! Outline a simple exercise program and add it to your daily routine. Make a decision to stick with it!

_____ minutes: _____

_____ minutes: _____

_____ minutes: _____

_____ minutes: _____



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DAY 4 – GIVING IS HEALTHIER THAN RECEIVING

Giving is healthy to your spirit, soul and body. Something happens inside the brain when a person gives. When you hear negative words, counteract them with positive words. ADHD and other attention disorders are symptoms of fear and/or avoidance.

STUDY IT

- I. Giving is healthy to your spirit, soul and body.
 - Those who sow sparingly, reap sparingly. Those who sow bountifully, reap bountifully. Let every man give according as he purposes in his heart. For God loves a cheerful giver (2 Corinthians 9:6-7).
 - Don't give because someone puts pressure on you.
- II. Something happens inside the brain when a person gives.
 - Studies regarding the pleasure areas of the brain show that when we give, those pleasure centers light up much more than when we receive.
 - That's what Jesus said, "It's more blessed to give than to receive" (Acts 20:35).
 - God knows when we have a posture of giving, we're not focused on the worry about lack, the worry about not having something, or the stress lack produces.
 - When our heart is a giving heart, it's a thankful and full heart, and it literally protects our brains and physical hearts from heart attack and stroke.
 - One reason God wants us to give is because God cares so much for us. As a loving Father, He designed giving as a protective mechanism. It's a BLESSING to God and to other people, and it protects us.
 - When you sow and give, you release the seed to THE BLESSING that's coming back. Our heavenly Father knew how giving would protect us.
 - Also, when you give, your dopamine level increases, and it makes you want to do again that thing that made you feel good. It becomes fun, and that's a stress reliever.
 - If you give nothing, you will receive nothing (Luke 6:30-38)—except a bad heart and a messed up brain.



- In the Bible, the man who had only one talent made all kinds of excuses against the master, so he buried his talent. His thoughts were filled with fear, lies and negativity. The other two got busy. They were productive and had productive lifestyles.
- III. When you hear negative words, counteract them with positive words.
- Dr. Jackson hears lots of complaining in the operating room, and it bothers him. When he hears negativity, he responds with something positive.
 - Strong feelings like road rage, cause the blood pressure to go up and angry words are spoken. That's useless, because the other driver can't even hear you!
 - High blood pressure is related to thoughts, so to get relief, pray in your heavenly language.
 - Jesus said to forgive those who spitefully use you (Luke 6:28). Then, God gets the glory.
 - Don't read what others say about you—good or bad. You will have trouble getting it off your mind, so don't let it get in there at all.
 - The good things are worse than the bad, because you don't want to get the good things off your mind. These words lead to pride.
 - In 1967, Kenneth began fasting unimportant things like reading the newspaper. He wanted to fix his mind on God's WORD.
 - The Spirit of God wants us to live for 120 years, and He is doing everything He can to get every person there, healthy and strong the whole route.
 - Jesus has defeated disease.
- IV. ADHD and other attention disorders are symptoms of fear and avoidance.
- Renew your mind to God's WORD. This helps desensitize the hyper tendencies and reduce high blood pressure.
 - As a child, Dr. Jackson was labeled with ADHD (Attention-deficit hyperactivity disorder).
 - Rather than medication, his mother successfully chose dietary changes, added background music and directed his lifestyle to various activities to help him focus.
 - The first step of believing is to make a decision to believe.
 - Some people have programmed themselves to not believe, and they say things like, "I don't believe that."
 - To reverse this, you must go through a process to change what you have said.
 - Say this: "I am a believer; I'm not a doubter. I'm the boss over my believing. I choose what I will believe, and I choose to believe the Word of God."
 - The decision is first in everything in life.



- There are two qualifications to THE BLESSING of God: Be willing and be obedient.
 - "If ye be willing and obedient, ye shall eat the good of the land" (Isaiah 1:19).
 - Let us serve the LORD with joyfulness and gladness of heart for the abundance of all things (Deuteronomy 28:47).

MAKE IT PERSONAL

Giving is not only obedience to God's WORD, it's also beneficial to your brain and emotions. We are instructed to tithe and to give offerings.

Today, give something extra, something unplanned, to a stranger. Your body and emotions will feel good, and God promised to give you a reward (Luke 6:38)!



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DAY 5 – BELIEVE IN GOD'S LOVE FOR TOTAL PEACE—SPIRIT, SOUL AND BODY

Believe in God's love to receive peace in your spirit, soul and body. A person is a complex integration of spirit, soul and mind. To be made whole, it's important to live in constant communication with God's Spirit. People need to be able to process their emotions in a peaceful, nonmedicated way. Anxiety and stress can eventually lead to a malfunction in the brain—a stroke. People, as a whole, are in a mind-renewal crisis, and the answer is an awareness and an appreciation of the love of God.

STUDY IT

- I. Believe in God's love to receive peace in your spirit, soul and body.
 - Kenneth Copeland's guests today are Dr. Avery Jackson and Dr. Caroline Leaf.
 - God knew we need to be whole in spirit, soul and body (1 Thessalonians 5:23).
 - Sick people are not at peace. The word *disease* means: "dis-ease."
 - Paul wrote 1 Thessalonians to instruct believers on how to live in peace.
 - God will do what you need to make you whole, but you must obey what He says.
 - Grieve not. We have victory over death. Death, where is your sting? (1 Corinthians 15:55).
 - In the letter to the Philippians, Paul used the word *joy* in some form 19 times.
- II. A person is a complex integration of spirit, soul and mind.
 - Dr. Leaf has a mission called Project ECHO (Extension for Community Health Outcomes) to train mental health physicians about the importance of the spirit to the mind and body.
 - For many years, the medical community has used the biomedical model that only focuses on the body. The spirit and mind have been ignored, and therefore the root causes have not been addressed. The whole spiritual nature of man has been pushed aside.



- If you don't address the mind and spirit, problems will arise.
 - Lifestyle changes are necessary.
- III. The body affects a person's mind, will and emotions, and his spirit.
- Dr. Jackson and Dr. Leaf are both involved in research to help humanity be at peace and live to be 120 years old.
 - Many patients have issues in their minds that manifest as physical issues.
 - Doctors do their best to treat the physical ailments, but they do nothing for the root causes in the mind. Dr. Leaf specializes in that area.
 - Dr. Leaf has put together a group of professionals, which includes Dr. Jackson. The objective of this group's work is to show that renewing the mind will impact the body.
 - It's necessary to bring thoughts into captivity to God's WORD (2 Corinthians 10:5).
 - Remove thoughts of shame and condemnation.
 - People must be taught that the renewing of the mind (Romans 12:2) is vital for good health.
- IV. It's important to live in constant communication with God's Spirit.
- Currently, Dr. Leaf and her group are doing a trial to train people to pray deliberately and intentionally to The LORD every 10 seconds.
 - When a person consciously prays every 10 seconds, it changes how brain waves move through the brain, and how the blood moves through the body.
 - The blood chemistry is changed. The gamma waves in the brain are activated. These gamma rays do amazing things throughout the body, including fighting tumors.
 - When the brain is constantly bombarded with chronic stress, a bad version of gamma activity works on the body to break it down.
 - By praying and renewing the mind, by living a life of prayerfulness, by bringing thoughts into captivity, a person can overcome the damaging effects of stress and harmful gamma waves.
 - A person thinks an average of 30,000 thoughts per day. So, by talking to the Holy Spirit every 10 seconds, which is six times a minute, a person is moved to a life of prayerfulness.
 - That mindset activates the correct brain waves: beta, gamma, delta, even quantum energy, which then affect blood physiology. There is a positive impact in the body.



- V. People need to be able to process their emotions in a peaceful, nonmedicated way.
- If you try to suppress the traumas of life, or cover them with medications, you will eventually damage your mind and body.
 - Start by facing anxieties, traumas and depression. These things are not illnesses; they are wounds in the soul.
 - Find the cause of the pain and face it; then redesign it through constant communication with the Holy Spirit.
 - Reconceptualizing the event brings health to the brain and body.
 - Don't try to get rid of the trauma—redesign your thinking about the situation.
 - Use the example of Jesus in the Garden of Gethsemane when He was facing the redemptive work at Calvary.
 - Renew your mind to choose what God says about the problem. Start by forgiving others and yourself.
 - Use the kintsugi principle—that the broken parts of your past can be put back together with something beautiful, like gold—to shape and enhance you as a person.
 - Now, your trial becomes your testimony.
 - Making these changes requires a life of prayerfulness.
- VI. Anxiety and stress can eventually lead to a malfunction in the brain—a stroke.
- There are different kinds of strokes.
 - One kind of stroke is caused by not enough blood getting to the brain.
 - Another kind is a hemorrhagic stroke, which is bleeding in the brain.
 - A condition called amyloid angiopathy, when excessive proteins like cholesterol and other plaques are deposited in the blood vessels, can lead to a hemorrhage in the brain.
 - Brain surgeons understand amyloid angiopathy and hemorrhage, but not the cause.
 - Even when you are sleeping, the brain is still processing.
 - Sleep will not give you emotional relief; you still must deal with the trauma.
- VII. People, as a whole, are in a mind-renewal crisis.
- Your spiritual nature is 99% of who you are. Your body and brain are only 1% of who you are.
 - You control how tuned in you are to God.
 - By speaking your love, your telomeres are growing, and your health is being renewed.



- Your chromosomes have telomeres to protect the ends of chromosome from deteriorating. The telomeres are like the plastic ends on shoelaces. They help keep the integrity of the chromosomes.
 - On the physical body side, exercise produces protein to help keep the telomeres from being shortened.
 - If you don't think correctly, the telomeres don't replicate correctly, and eventually, they wear out. The integrity of the chromosome can be damaged.
 - Your thoughts affect the telomeres which affect the blood. You wake up tired, because you haven't slept in peace.
 - It's important to renew your thought life and get peaceful sleep.
- Don't blame the devil; it's your job to bring every thought into captivity to God's WORD.

VIII. Following godly principles and staying in constant communication with God will bring healing and wholeness.

- When you are in a difficult situation, talk to The LORD about what to do. Put on your spiritual armor (Ephesians 6:11-18).
- To combat fear, meditate on the love of God.
- Speak that Jesus is the Son of God (1 John 4:15-18).
- Science shows that a human is made of waves of love.
- We are supposed to be "inside of love," and we need to be immersed in love.
- Every 10 seconds, we need to be talking to Love about love.
- Talk love to your spouse and your children. Kenneth and Gloria tell each other all the time that they love one another.
- The last thing Kenneth prays each night is, "Father, I love You with all my heart, soul, mind and strength, and I love my neighbor as myself. I love the brethren even as You love the brethren."
- Love never fails (1 Corinthians 13:8, *NKJV*).

MAKE IT PERSONAL

Wholeness in spirit, soul and body is God's plan for your life. You may not know all the science about yourself, but you can trust God to help you face past issues, forgive and be healed. Please contact us to share your success! [Click here to share your experiences](#), or [contact us on Facebook™](#).

God has called Kenneth Copeland Ministries to the great work of sharing Jesus Christ with the world. We need you to partner with us to get it done! Call us today at 1-800-600-7395 to sign up, or visit kcm.org/Partner.

