

from My Heart

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BERACHAH PROPHETIC VOICE

MONTHLY MAGAZINE

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Greetings in the mighty Name of our Lord and Savior Jesus Christ!

God has done marvelous things for us all through the months of this year. When we look back all the days of this year, we could only say 'God is good, His mercy endures forever'. Amen. Sing Psalms 136 and praise Him for his faithfulness. Dedicate this whole month for praise and worship and exalt his name. All glory and honor be to our beloved savior alone.

"But you are a chosen generation, a royal priesthood, a holy nations, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light" (1.Pe.2:9)

God's election is one of the greatest truths of the New Testament. In Christ, you are chosen, elected, selected, a hand-picked person. In Christ, He has picked you out of this world for His special purpose. When you are firmly rooted in this truth, you will never again bother when people reject or ignore you. You are God's royal priest. The royal dignity and authority is implanted in your nature. You are God's sovereign over all your circumstances. It is your great privilege to be a consecrated priest to offer up spiritual sacrifices of worship to God and intercede for others. To the extent you do this, you rule and reign as a king. Beloved, thank God for all these privileges. You are picked out from this world. Don't ever love the world and its pleasures. You are totally set apart from this sinful world. Never stoop down. You are His royal priest. Use your authority and privileged priesthood-position, continually offering praises and prayers. You are God's ambassador. Represent His holy nation and diffuse the heavenly fragrance. You are God's most precious, prized possession. Spend your time in His special service!

We have started the dining hall / new rooms construction work in our

*Every time you demonstrate God's power,
you declare His victory over your enemy*

- Prophet Ezekiah Francis

campsite. We need your prayers for the completion of the work and for the financial support. I have started to write next set of Daily Devotion "See yourself in Christ daily". Need your prayers.

Our Fourteenth batch of School of the Holy Spirit for Ladies is going on in our campsite. God has entrusted us with 440 Ladies from twenty four states and four nations. God is working very deeply in them with mighty manifestations. When this magazine reaches you, they will be finishing the school. This time God told us that many mighty ministries are going to be born out of these mighty women. Uphold them in your prayers.

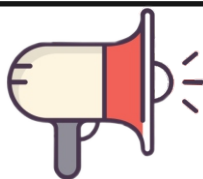
Don't forget to pray for Leadership Training School in our campsite from January 19th to February 27th, 2019. This school includes our Apostles and Prophets Conference from February 18th to 22nd, 2019. Keep visiting our website www.ezekiahfrancis.org and our Facebook page www.facebook.com/Dr.EzekiahFrancis for updates, and follow us on Twitter @EzekiahBPM.

Continue to pray for our European TV program in German language and also for the new launch of programs in national and international channels. Pray for our literature and media ministries. Pray also for my dear wife, our aged parents, counselors, key leaders, coordinators, staff and partners.

God will bless you and your generations as you stand with this God-raised ministry!

With love and heartfelt prayers,

Abel Francis



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INTENSE INTIMACY

Prophet Ezekiah Francis

In the days ahead, God will use only those who long for a closer intimacy with Him. Our goal should not be thirty or sixty but hundred percent. In a Christian life, a hunger and thirst for God is a must. Take a look at the lives of those whom God has used mightily in the past. They were not satisfied if they merely did not backslide. They were at least one step higher than the average ministers.

Can a student who aims at just a pass mark secure the first rank in his class? Similarly in a christian life, we should not be satisfied with merely praying, giving and preaching well.

Our goal should, we should take a vow to love God more than anyone else and receive all the blessings that He has in store for us. Only those who move above the normal boundary do unusual things for God! Peter is a very good example.

Inner Circle

Among the thronging crowd, Jesus chose twelve disciples to be with Him. From the outer circle they stepped into the inner circle. They gave up all that they had to have this privilege. Of these twelve, three stuck even closer to him. They asked him questions and learnt what the others did not know. They stood by Christ and saw special miracles that the others did not see! In other

words, they had come to the inner most circle! Of these three, Peter held the first place!

We earlier saw that, as far as ministry is concerned, we should not be within a smaller circle. Jesus taught Peter this. Our ministry circle should keep on expanding We should not stop with ministering only to our church, our city and our region. We should desire to be a blessing to the whole world.

However in our relationship with Him, we should be the opposite. We should not be one among the many in the outer circle. But we should have fellowship with Him in the innermost circle. Like Peter, we should desire to love Him more than any one else. Like John we should lean on His bosom.

Every person has many levels of relationships. For example, I love all men. I have special love to ministers of God. Next, the trainees who have been trained at Berachah Prophetic Ministries, key leaders, Prayer warriors, my counsellors, my family members. Thus we have an outer and an inner circle.

Our beloved Lord invites us to the inner chamber and longs for a deeper intimacy with us. Though I have various kinds of relationships, I always find that the 'Jesus and me' relationship

exceeds all the others.

This is what I like most about Peter. He always claimed a special place with Jesus. He will use those who say, “I am not satisfied with just an ordinary relationship with you. Draw me nearer, nearer blessed Lord”

Many disciples went back and walked no more with Jesus. “You do not want to leave too, do you?” Jesus asked the twelve (Jn.6:67). Before the others could answer, Peter spoke up, “Lord, to whom shall we go? Thou hast the words of eternal life” He thrilled the heart of God. example, I love all men. I have special love to ministers of God. Next, the trainees who have been trained at Berachah Prophetic Ministries, key leaders, Prayer warriors, my counsellors, my family members. Thus we have an outer and an inner circle.

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More Love

Jesus had a plan to entrust Him with greater responsibilities. That is why after His

resurrection, He asked Peter “*Simon, son of John, do you truly love me than these?*” (Jn.21:15). In spite of denying Jesus thrice, Peter did not doubt his love for Jesus and vehemently replied, “Yes, Lord, you know that I love you” (Jn. 21:15)

Great Desire

It was dark all around. Waves lashed the side of the boat. The disciples trembled on the storm tossed sea. Amidst this confusion and chaos, a soft radiance lit a corner of the lake. Here comes Jesus walking on the water. Fear gripped their hearts and they thought it was ghost.

Jesus roared, “It is I, do not be afraid.” Immediately Peter said, “*If it is you command me to walk on the water and come to you..*” What love! How he longed to draw nigh to

Jesus! Wonder how he got the desire to walk on the water like Jesus! How did that desire and faith arise in Peter even before he could hear Jesus' proclamation “*He that believeth in me shall do the things that I do*”. That only portrays the intensity of his relationship with Jesus!

Jesus was overwhelmed with joy and said, “Come”. So strong his desire to go to Jesus that he came out of the boat and dared to step on the water. He even started walking. The fear of death did not hold him. In fact, he did not walk on the water but on His Word (Mt. 14:28).

Dearly beloved, will you love Him more than anyone else? Will you walk on His word? Or will you sit like the remaining eleven disciples in the security of a rocking boat? Will you attempt to walk differently like Peter? Three out of the twelve. One out of three. Like Peter will you strive hard to be one among the three.

In spiritual things, such a desire is an absolute necessity. The need of the hour, is not those who are satisfied with a normal ministry, but who will trust His Word and dare to attempt great things for God. Only such people will do mighty miracles in

the days to come.

I once heard about a healing minister. Even before praying for healing, he would ask the lame to throw away their crutches. This is daring faith. What was the reason for Peter to be filled with this holy boldness? His love for Jesus and His faith in Him was much higher than that of a average person. He had a unique desire. In these last days God will take and use such people. He will entrust them with the key of revival.

Mount of Transfiguration

“After six days Jesus took with Him Peter, James and John, the brother of James and led them up a high mountain by themselves. There he was transfigured before them” (Mt.17:1-2). Often Jesus went alone to pray. But on that night He wanted His disciples to see Him in glory. He gave them the privilege of seeing heavenly experiences.

In these last days, God is going to grant glorious experiences to those who live close to Him. Some of His friends will enthrall us with their unusual God-given experiences. some of those experiences cannot be comprehended by analytic brain.

We have heard how certain ministers have gone to heaven in their spirit, and explained what they saw there. Such experiences will increase in the days ahead.

When Peter saw the bright cloud and heard the voice of God, he fell down in His awesome presence and was unable to rise up for a while. In these last days such a supernatural experiences are going to be a natural phenomenon.

Peter went everywhere with Jesus. He had personally witnessed great miracles. He was amazed to see the daughter of Jairu being raised from the dead. The other disciples saw sick people being healed. But Peter saw greater miracles.

People live. Many do ministry! All die. But only a few make history. Their lives are a challenge to others.

Enoch and Noah crossed the boundaries of a average relationship and reached greater heights with God.

When everyone was behind the river, Abraham took a bold step to go beyond the river. Many Kings lived and died. But David stood head shoulders above the rest. He received the honour

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- **New Year Blessing Meeting**
@ Yesu Pannai, Theni, 15th - 17th, January, 2019
- **Apostles and Prophets Seminar**
@ Berachah Campsite, 18th - 22nd, February, 2019
- **Leadership Training School**
@ Berachah Campsite, 19th January - 27th February, 2019

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to bless nations!*

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- **One day fasting prayer**
@ Thiruvalla, Kerala, 12th December, 2018
@ Berachah Campsite, 8th December, 2018
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of being called a man after God's own heart. Many sons of the prophets stayed back. Some in Jericho, some in Gilgal, some in Bethel and some in Jordan. But Elisha stood in the forefront.

The voice of God thunders, "In these last days, I will do mighty miracles through those who draw closer to my heart and I will give them phenomenal experiences".

Friend, are you going to live as an average believer? Will you be satisfied with an ordinary ministry? Or do you long to be a Peter in the mount of transfiguration? Would you like to delight with Elijah, Moses and our beloved Saviour? Or do you want to be in the valley with other disciples staggering to cast out demons. The

Lord is waiting with outstretched arms and beckons you to a deeper relationship. Step into the innermost circle!

Draw me nearer, nearer blessed Lord

To the Cross where thou hast died

Draw me nearer, nearer blessed Lord

To thy precious bleeding side

**Excerpts from the book
"Vessel for the Master's use"
By Prophet Ezekiah Francis**

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We sponsored Rs. 10000/- for the extension work of the Berachah campsite, during the Apostles and Prophets Conference. God miraculously provided us a land of 300yards worth Rs. 3 lakhs. We had no plan or money, but God made everything possible and made us land owners. Also our son got a good job in a reputed company with Rs. 1,40,000 per annum salary. All glory to God. Now we are sowing and raising fund with great joy for this BPM's Center of Healing for all nations - Building Phase III project.

- Sis. Nireekshana, Andhra Pradesh

BERACHAH TRAINING CENTER

CENTER OF HEALING FOR ALL NATIONS - Building Phase III

"Arise and begin working, and the LORD be with you" (1 Chronicles 22:16)

God has been faithful in fulfilling the vision which HE entrusted to us. Believers from many nations have already been blessed in our "CENTER OF HEALING FOR ALL NATIONS" in Poondi. A young generation of leaders is being raised, a generation with great zeal to shake the nations with the anointing power of the Holy Ghost. The painfully limiting factor is accommodation as well as a nice all-weather dining hall. We have therefore ventured out into a 3.36 Crore Project. This is the cost of the building alone, without any interiors or furniture. The building will host a dining hall for 650 people. 29 new guestrooms and a smaller auditorium for 800 people, mainly for schools, are being built.



Extension work planned:

© Dining Hall (Ground Floor)	-6420 sq.ft
© 29 Rooms	-7819 sq.ft
© Meeting Hall	-8157 sq.ft
Total	22389 sq.ft

Cost of Work:

Total cost Rs. 3.36 crores
Cost of one sq.ft - Rs. 1500/-
2239 partners sponsor for 10 sq.ft
4478 partners sponsor for 5 sq.ft

Are you with us? Then let us rise up and build!

By sowing into this fertile ground, you are partnering with the God-given grace and anointing upon this ministry, and you will surely receive the prophet's reward (Matthew 10:41)

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TESTIMONIES

SHORT TERM INTENSIVE COURSE - 41ST BATCH AND MINI SEMINARS

- ✳️ Praise the Lord! I came here with lot of problems in my family. I was in search of peace in my life. I was asking God for the perfect peace in my life for years. After the sessions here I am filled with peace and I cannot express it in words. I am filled with unspeakable joy as I received what I searched for years. - **Jothi, Chattisgarh**
- ✳️ Praise the Lord! I am attending Berachah Seminars and Conferences for the past five years regularly. In this STC, when Rev. Benita Francis was ministering about 'Angels', I literally felt the touch and the presence of angels surrounding me. As I was filled with unspeakable joy and the move of the Holy Spirit, I could realise that the prophetic actions I was doing was attested by the word of God from Rev. Benita Francis. Whenever I felt tired, the angels entertained and strengthened me. The truth in which I am growing is making me powerful in Christ day by day. I appeal to each and every one to attend Berachah Seminars, Conferences and School and enhance your standards of ministry and christian-living. - **Peter, Tamil Nadu**
- ✳️ Praising our Lord Christ Jesus for the wonderful one day fasting prayer for nations at Secunderabad, I was truly blessed by the powerful prophetic word and the anointing, One of my church believer had severe back pain for the past five years and after attending this prayer session she got healed completely and she received the gift of tongues. Hallelujah! Another family was delivered from fear and they felt some thing leaving from them while Bro. Alexander was praying. In person, I am immensely blessed and God spoke to me and revealed many things about our ministry. Hallelujah! What a great privilege to fast and pray for our nation together with all his saints in one accord. Thanking Jesus and all the team who made it to happen. All glory to our Lord Christ Jesus! God bless and reward us hundredfolds in the name of Jesus. Amen. - **Sis. Jyothi, Secunderabad**
- ✳️ Praise the LORD! I invited nearly 50 members including our church members and friends for this one day fasting prayer for nations. All of them participated and surprised to enjoy the presence of the Holy Spirit in a glorious manner. All are healed! All are comforted and felt the touch of the Spirit of GOD. I am very happy to know that all of them desire to come to Berachah. Thanking Prophet Ezekiah Francis, Rev. Benita Francis, Bro. Alexander and the Hyderabad Team. All the glory to our LORD GOD ALMIGHTY! - **Srisailamu, Andhra Pradesh**

	<i>Next Batch</i> LEADERSHIP TRAINING SCHOOL 19th January - 27th February, 2019	<i>for Couples & Brothers</i>	<i>who has unquenchable desire to serve God</i>
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DIVINE HEALING BY FAITH

By John G Lake

*Excerpts from the book 'The Basics of Divine Healing'
John G. Lake Ministries, 1999 edition*



I. Who Can Have “Great Faith”?

4. Matt 9:20-22 – 20. And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment: 21. For she said within herself, If I may but touch his garment, I shall be whole. 22. But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour. (KJV)
5. Matt 9:27-30 – 27. And when Jesus departed thence, two blind men followed him, crying, and saying, Thou Son of David, have mercy on us. 28. And when he was come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. 29. Then touched he their eyes, saying, According to your faith be it unto you. 30. And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it.
6. Matt 17:14-21 – 14. And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, 15. Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. 16. And I brought him to thy disciples, and they could not cure him. 17. Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. 18. And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. 19. Then came the disciples to Jesus apart, and said, Why could not we cast him out? 20. And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. 21. Howbeit this kind goeth not out but by prayer and fasting. (KJV) (Note: This verse is NOT in the original Greek manuscripts.)
7. Matt 21:18-22 – 18. Now in the morning as he returned into the city, he hungered. 19. And when he saw a fig tree in the way, he came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away. 20. And when the disciples saw it, they marvelled, saying, How soon is the fig tree withered away! 21. Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done. 22. And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. (KJV)
- B. Mark 11:22 - And Jesus answering saith unto them, Have faith in God. (It means what it says, Have faith in God.)

II. FAITH IS NOTHING MORE THAN SEEING PEOPLE AS GOD SEES THEM AND THEN TREATING THEM AS GOD WOULD TREAT THEM.

- A. Can God command us to do what He Himself would not do, in the same circumstances?
- B. Of course not. That would make God worse than a hypocrite.

Legends continue writing...



ADDICTION

Rev. Benita Francis

Are you addicted? Most probably, you will say a very big, very convinced NOOO! But did you know that addiction does not only involve alcohol or drugs, but also actions, and even emotions? ALL addictions hurt God's heart and break His most important very first requirement: "You shall have NOOO other gods before ME" (Exodus 20:3). Of course, you will immediately say, "No way. I have no other god before my Jesus." Well... what if now I would ask you to give me your cell phone for a week? Or still worse, your smartphone? Hmmmm... soooo... again the question: ARE you addicted?

Before you give me a quick answer, let us first learn a little more about addiction. And keep in mind, ALL addictions lead to destruction, some very fast, some more slowly. Remember, ALL addictions came to kill, steal and destroy your peace, joy, health, wealth and relationships. So ALL addictions come from one same source: the eternal thief, murderer and father of lies (John 8:44)!

Dictionary definitions of the word ADDICTION:

Definition of addiction by Merriam-Websterⁱ

1 : the quality or state of being addicted -

addiction to reading

2 : compulsive need for and use of a habit-forming substance (such as heroin, nicotine, or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal broadly : persistent compulsive use of a substance known by the user to be harmful

Define Addiction at Dictionary.comⁱⁱ

Addiction definition, the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that its cessation causes severe trauma.

Definition of addiction by The Free Dictionaryⁱⁱⁱ

1.

a. A condition involving use of a substance, such as a drug or alcohol, or engagement in a behavior, such as gambling, in which a person has strong cravings, is unable to stop or limit the activity, continues the activity despite harmful consequences, and experiences distress upon discontinuance; a drug used in the treatment of heroin addiction.

b. An instance of this: a person with a sex addiction.

2.

a. The condition of being habitually occupied

with or involved in something: addiction to romance novels.

b. The condition of using something on a regular or dependent basis: fossil fuel addiction.

c. An instance of one of these conditions: had an addiction to fast cars.

Definition of addiction by Medical dictionary^{iv}

Addiction is a persistent, compulsive dependence on a behavior or substance. The term has been partially replaced by the word dependence for substance abuse. **Addiction** has been extended, however, to include mood-altering behaviors or activities. Some researchers speak of two types of addictions: substance addictions (for example, alcoholism, drug abuse, and smoking); and process addictions (for example, gambling, spending, shopping, eating, and sexual activity). There is a growing recognition that many addicts, such as polydrug abusers, are addicted to more than one substance or process.

Diagnosis

In addition to a preoccupation with using and acquiring the abused substance, the diagnosis of addiction is based on five criteria:

- loss of willpower

- harmful consequences
- unmanageable lifestyle
- tolerance or escalation of use
- withdrawal symptoms upon quitting

Please ponder this very important list. It can save countless lives, maybe even your own. If you notice these symptoms in yourself or anyone else, you **MUST** take action. Please understand, unless you address the problem, it will grow worse and worse.

First of all, ask God's Holy Spirit what to do about the situation. Can you try to talk and convince the person of the danger he or she is in? Do you need to intervene immediately? Do you need to inform others? Has the addiction reached a stage where medical attention is needed?

Description

Addiction is one of the most costly public health problems in the United States. It increases in severity over time unless it is treated. Substance abuse is characterized by frequent relapse, or return to the abused substance. Substance abusers often make repeated attempts to quit before they are successful.

The economic cost of substance abuse in the United States exceeds \$414 billion, with health care costs attributed to substance abuse estimated

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at more than \$114 billion.

Have you ever thought about THIS aspect of addiction? Have you ever thought about the damage it does to your nation, your society, your economy??? Have you ever considered the cost for the treatment of all the diseases incurred because of your substance abuse? Maybe it's time to think also about the welfare of others, not only about your own pleasures and desires?!?

Now see here what addiction does to your God-given, precious brain:

Brain structure and function

Using drugs repeatedly over time changes brain structure and function in fundamental and long-lasting ways. Addiction comes about through an array of changes in the brain and the strengthening of new memory connections. Evidence suggests that those long-lasting brain changes are responsible for the distortions of cognitive and emotional functioning that characterize addicts, particularly the compulsion to use drugs.

Shocking, isn't it? Both your mind and your emotions are distorted, changed, bent into wrong directions, when you allow an addiction in your life!

Have you ever noticed that people who took antidepressants cannot truly feel and empathize with others who are suffering? Somehow it seems that their emotions become very shallow. The tragedy is that this effect seems to continue even after they discontinue the use of the medication. Oh yes, the cognitive and emotional distortions through addiction are very real!

I remember with admiration a decision Suzette Hattingh, a mighty evangelist and former leader of intercession for Reinhard Bonnke, took when she suffered a painful disease years ago. The painkillers doctors prescribed helped ease the pain, but suddenly, this wonderful woman of God suffered outbursts of anger and an unexplainable feeling of aggression and irritability.

Knowing that this was not her real character, Suzette read the instructions that come with the medication. She was shocked to find out they warned of the danger of getting addicted and also

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- ✿ The Cyclone Gaja has left eleven of the south-central coastal districts of Tamil Nadu and their adjoining districts with large-scale destruction and devastation, which were in its path while crossing the shores in 16th November. About eleven districts have suffered huge damages, including the death of more than 63 persons, thousands of cattle and lakhs of acres of irrigated and horticultural crops like coconut groves and paddy fields. Several huts were totally damaged and basic infrastructure was battered. The state government has announced compensation packages to the affected public and appealed to all to generously contribute to the relief measures.
- ✿ The Madras High Court upheld the Tamil Nadu speaker P Dhanapal's decision to disqualify 18 MLAs of the AIADMK, who defected to the camp led by the party's ousted leader TTV Dhinakaran. Two more Assembly seats remain vacant in the state due to the demise of the DMK's patriarchal leader M.Karunanidhi and the AIADMK's Tirumangalam member Bose. It necessitates the Election Commission of India to hold the biggest ever by-polls in the state very soon.
- ✿ In the recently held U.S. Midterm Elections to the Congress, President Donald Trump's Republican Party further consolidated its position by increasing its majority. However, the ruling party suffered a setback in the House of Representatives, the opposition Democratic Party maintained its lead.
- ✿ The Pakistan Supreme Court has overturned the death sentence of a Christian woman convicted of blasphemy. Asia Bibi was convicted in 2010 in a row over a cup of water with her neighbours. She always maintained her innocence but has spent most of the past eight years in solitary confinement till her release on 7th November. The landmark ruling has set off violent protests by hardliners who support strong blasphemy laws. In 2011, the country's only Christian Minister Shabaz Bhatti and the Punjab Governor Salmaan Tasheer were assassinated by Islamic fundamentalists for voicing their support to Asia Bibi.
- ✿ In an escalation of the political crisis in Sri Lanka, President Maithripala Sirisena dismissed Prime Minister Ranil Wickremesinghe and installed former president Mahinda Rajapakshe, who is accused of very serious human rights violations during his rule from 2005 to 2015 as his replacement. However, Mr Rajapakshe failed in two confidence motions in Parliament. The political crisis has flung the country's democracy into crisis. Sirisena has been a member of the Rajapakshe cabinet when he was the president, but broke with him ahead of the 2015 general elections. Now he has joined hands with him once again.
- ✿ In cricket, India bagged in style the five-match series of One Day Internationals against West Indies by winning 3-1, with one draw. In the three-match T20 series, it was a clean sweep for India, whose men in blue won all of them

of changes in personality, even of aggression to the extent of suicide or murder. After reading this, Suzette decided to endure the pain instead of taking such great risk. God honored her decision, and today she is healed and ministering in the nations as she used to do. Hallelujah!

Remember, this same process of addiction, these same changes in brain structure and function happen in your brain - no matter what substance or process is involved. Remember, addiction can involve substances, emotions, or actions. Actually, addiction physically conditions your brain to demand that you provide it with the same substances, emotions or actions over and over again.

Did you know that even a routine lifestyle is bad for your brain? If you stop challenging your brain by doing new things or even by doing routine actions like brushing your teeth or getting dressed, your brain will soon shut down some neurons and dendrite connections and actually shrink!

The wonderful news, however, is that as you challenge your brain with new actions and experiences, your brain can actually grow again by creating new neurons and dendrites! Your brain health, even well into old age, is in your hand! In my book "How to maximize your brain", available at www.ezekiahfrancis.org, I provide not only the science but also many practical tips on how to easily improve your brain health in your everyday life.

Well, back to our subject of addiction. No matter how much damage you did to your brain by allowing any addiction in your life, you can heal your brain and make it grow healthy, perfect new neurons and connections again. Hallelujah!

How addictions develop

Science admits that a process called "social learning" is the most important single factor in addiction. Social learning occurs in the addict's family or subculture, through peer pressure, and through advertising or media influence. Of course, when media and society condone a substance or a habit, especially children and youth easily fall prey to it. That's exactly why God's eternal Word challenges parents with this wise counsel:

6 Train up a child in the way he should go, and when he is old he will not depart from it (Proverbs 22:6)

The second most important factor in the development of addictions is the easy and inexpensive availability of the substances, persons or processes that can create addiction. In Germany, for example, beer is cheaper than juices or softdrinks. In my opinion, selling alcoholic beverages like beer at lower rates than non-alcoholic beverages should be forbidden by law, especially in places frequented by youth. Such laws would definitely create a much healthier society for all of us to live in, so let's pray!

End Notes

- i. <https://www.merriam-webster.com/dictionary/addiction>
- ii. Addiction | Define Addiction at Dictionary.com
- iii. <https://www.thefreedictionary.com/addiction> American Heritage® Dictionary of the English Language, Fifth Edition. Copyright © 2016 by Houghton Mifflin Harcourt Publishing Company. Published by Houghton Mifflin Harcourt Publishing Company. All rights reserved.
- iv. <https://medical-dictionary.thefreedictionary.com/Addiction>

Excerpts from the article on Addiction By Rev. Benita Francis



*Spread Smile in this Snowy Season
Tell the world our Savior has born*

Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.
Matthew 25:40

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