

makeyourdaycount

Volume 8, No. 4 • July/August 2012

The *Source* of Your Strength!



• **Passing the Stress Test**

by Lindsay Roberts

• **Teach Your Children the Word of God**

by Evelyn Roberts

• **When Fear Takes Flight**

by Richard Roberts



Cleaning House? Taking inventory?

It's good to clean house—getting rid of what we don't need in order to make room for what we do need.

In this DVD sermon, Lindsay Roberts shares a lively, memorable message about how you can identify things in your life that don't belong, and the importance of keeping your own personal "box" in order, with God's help. When your box is full of God, your life can be too!

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The Greater One Is in **You**

What a good time to remind ourselves that we are *overcomers*! The Bible says, *Greater is He that is in you, than he that is in the world* (1 John 4:4). The Bible says, *The Lord is faithful, and He will strengthen and protect you from the evil one* (2 Thessalonians 3:3). The Bible says, *God has given you authority to overcome all the power of the enemy* (Luke 10:19). If we are in Christ Jesus, then we can be overcomers!

I encourage you to carefully read each article in this issue of *Make Your Day Count* magazine. Each one of them is specifically targeted to help you spiritually stand, spiritually put your foot down, and spiritually tap

into God's solution to stress, being overwhelmed, and feeling defeated. By putting the Word of God before our eyes and in our hearts, I believe we can be more than conquerors through Christ Jesus.

Allow your heart to be lifted up as you read this issue. Remember, a merry heart was important enough to be mentioned in the Bible (Proverbs 17:22). I pray this lifts you up close to the Lord in every way possible. Make every moment count today!

Lindsay



Passing the Stress Test

by Lindsay Roberts

God did not call you to be stressed, frustrated, or upset!

I understand what it's like to be stressed. It's difficult to find balance in our lives with our hectic schedules and responsibilities. And I don't believe the devil will just roll over and overlook everything we do for the Lord. But we can defeat satan's attack by fighting the good fight of our faith.

I believe the best way to combat stress is to GO TO GOD'S WORD. Romans 10:17 says that *faith comes by hearing the Word of God.*

To me, the solution to any situation you may face in your mind, your spirit, your body, your finances, or in any other area of your life can be found in the Word.

Once we get into God's Word, we find out what our rights are. John 8:32 says, *The truth shall make you free.* If we don't know the Word and don't apply it to our lives, then we could continue to live in bondage to stress, worry, and anxiety.

God has given us a plan and a purpose. And He's given us a way to fulfill His purpose through the Word of God.

If we make a decision to follow God's will for our lives, then we can be confident that He is able to see us through any stressful situation that may arise. And we can accomplish what God has called us to do and overcome fear and anxiety!

Second Timothy 1:7 says, *God has not given us a spirit of fear, but a spirit of power, love, and a sound mind.*

Exodus 14:13 says, *Fear ye not, stand still, and see the salvation of the Lord.*

In many places in the Bible, God tell us to fear not! I believe it's hard

to make a good spiritual decision when you're operating in fear. Fear and faith are like night and day. They are total opposites.

First of all, the Bible tells us to get out of the realm of being panic-stricken by our circumstances. Then we're to stand still.

If you stand still, rest on God's Word, and get into an atmosphere of faith, I believe it is easier to see the salvation of the Lord when it comes.

When you're in the middle of a stressful situation, it can seem as though the problems are right in your face. Of course, when you're in the middle of a fire, the situation can look bad to you. But if you were outside the fire, looking in, perhaps you could handle it more rationally.

God deals with your circumstances from outside the stress, and the Bible says He has the solution you need. When you know His word and see your situation from His perspective, you can more easily see His answers, and you can face life with a sense of peace in the midst of any storm.

Ask for Wisdom

James 1:5 says, *If any of you lack wisdom, let him ask of God that giveth*



*Maybe you can't
escape stress,
but it is possible
to rise above it.*

to all men liberally, and upbraideth not; and it shall be given him.

Many times we get into situations where we are under pressure, and we don't know what to do. But God's Word teaches us to surrender stress and worry to the Lord.

Jesus says in Matthew 11:28 NKJV, "Come to Me, all you who labor and are heavy laden, and I will give you rest."

Cast Your Cares on the Lord and He Will Sustain You

I'm not saying that trials won't come. I'm not saying that it's easy. Chances are, most of us will face pressure in life. The question is, Does it take control over you or do you take control over it?

When you react to the situation, it controls you. But when you respond with the Word of God, *you* are taking control.

In John 10:10 Jesus said, "I have come so that you might have life, and have it more abundantly."

The word *life* in this scripture expresses all of the highest and best which is in Christ, and He gives that to the saints.

Jesus laid down His life in exchange for everything we are. He exchanges our flaws, our imperfections, and our bad attitudes for all that He is.

And what does the Bible say that He is? He is love, mercy, grace, and kindness. And He is all-sufficient, omnipresent, and able to do exceeding abundantly above all that we could ever ask or dare think (Ephesians 3:20).

I believe that you no longer have to be controlled by stress, fear, or worry, because Jesus paid the price for you to live an abundant life.

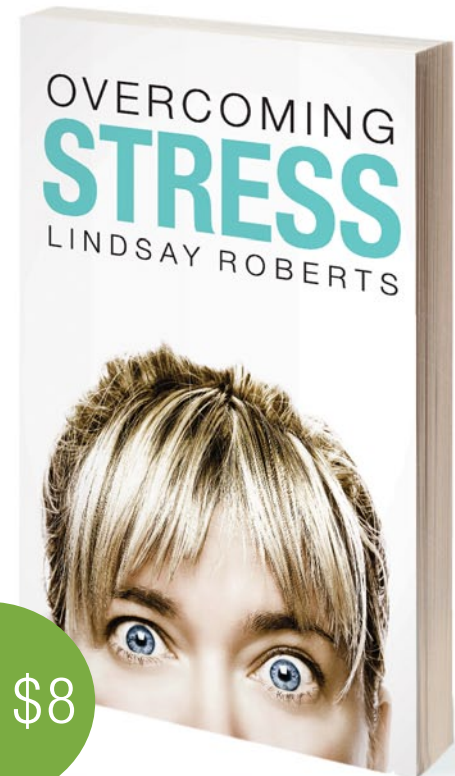
Maybe you can't escape stress, but it is possible to rise above it. Stress is real, and it may seem to come at all the wrong times. But I believe God is more real and more powerful than any force on the face of the earth. And He is here all the time, right on time.

I believe that through trusting Jesus and through the Word of God, you can defeat the attacks of the enemy. **AND THAT VICTORY** can begin immediately! ✨

Are you under pressure? Stressed? Frustrated?

You're not alone. Stress happens to many of us. The question is, "What do you do when you are under stress?" Does it take control of you? Or do you have a plan to take control of the stress?

Discover how the anxiety, stress, and worry in your life can be exchanged for the peace of God. In her usual humorous style, Lindsay Roberts outlines biblical truths that can help build you up and make you an overcomer in the stress-tests of life.



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COOKING *with Jordan*



SHRIMP CEVICHE *(super easy and very healthy!)*

Ingredients

- ½ pound peeled, deveined medium shrimp (fresh or frozen)
- ⅔ cup fresh lime juice
- 5-6 plum tomatoes, diced
- ½ large yellow onion, diced
- ½-1 jalapeno pepper, seeded and minced, or to taste
- 1-2 avocados, diced
(I love them so I use two!)
- chopped fresh cilantro to taste
- salt and pepper to taste



Directions

Slice the raw shrimp into bite-sized pieces, place the shrimp in a glass bowl, and cover with lime juice to marinate or “cook” shrimp for about 2-4 hours. They need to be done all the way through. After the shrimp is “cooked” by the lime juice, place the diced tomatoes, onions, avocados, and jalapenos in the bowl with the shrimp. Add cilantro, salt, and pepper to taste. Toss gently to mix. Keep refrigerated until you’re ready to eat. This will keep in the refrigerator for 3-4 days. Serve with crackers or tortilla chips if desired. (For tips on buying and preparing seafood, [visit the FDA Food Facts for Consumers website.](#))

SUMMERTIME ICED TEA

Ingredients

- 4 (2 gram or small) bags Hibiscus tea, fruit tea, or passion flower flavored tea
- ¼ cup honey
- 4 cups boiling water
- 1 cup muddled fruit (strawberries, mangoes, peaches, etc.)
- 4 cups ice cubes
- 1 ½ tsp Stevia (or sweetener of choice)
- 1 lemon, sliced for garnish



Directions

Brew the tea in the boiling water. (Use a container that is safe for boiling water.) Add in the Stevia and honey. Mix well to dissolve. Meanwhile, muddle (smash) the fruit with the bottom of a glass or something that muddles. Pour the juices and smashed fruit into the tea. Add the ice and mix well. Serve cold with a lemon wedge for garnish.

LIGHT AND HEALTHY CHICKEN SALAD

Ingredients

- 2 skinless, boneless chicken breasts—cooked and diced
- 1 stalk of celery, diced
- 1 Granny Smith apple—peeled, cored, diced
- ⅓ cup seedless red grapes, quartered
- ½ cup chopped raw walnuts
- ⅛ tsp. ground black pepper
- ¼ tsp. celery salt (optional)
- ¼ cup sour cream
- ¼ cup greek yogurt
- ¼ cup light mayonnaise
- salt to taste



Directions

Combine all ingredients in a large bowl and chill thoroughly before serving. Serve with sliced cucumbers and carrot sticks or on Wasa crackers (healthy and delicious). Or splurge and serve on a honey croissant.

Do you have a favorite recipe you would like to share? Email your recipe to: prayer@oralroberts.com. Your recipe could be selected to share in future MYDC online magazines!



I have done my best to glean from my precious mother-in-law, Evelyn Roberts, when it comes to appreciating the seriousness of the responsibility of raising our children. It is not to be taken lightly. I believe you will be blessed by her article, as she shows us how the promises of God that we plant as seeds of faith in our children can produce beautiful fruit that will last a lifetime! —Lindsay



Teach Your Children the Word of God

by Evelyn Roberts

To be entrusted with a precious child is one of life's sweetest joys, greatest privileges, and heaviest responsibilities. Our children can receive no greater heritage from us than to be taught to read the Word, pray, and look to Jesus as the One who knows and understands each problem and has a solution.

Through the example of our lives, children learn to look to Jesus for their guidance and direction. The closer we walk to Him, the closer our children can come to Christ.

When Your Children Are Young

It's never too early to start teaching your children that God loves them completely and unconditionally and

that they need never be afraid to come to Him.

From the time our children were able to talk, Oral took them on his knee, told them Bible stories, and had them learn to recite Scripture verses. They learned that the promises of God are for them, just as they were for people in the Bible.

We tried to build a sense of God's goodness into our children's daily lives. We taught them that God is a good God...that everybody is somebody in God's eyes, and He is concerned about every part of our lives. No need is too big or too small.

Children pick up what we say and do even when we don't realize they are listening and observing us. I recommend that parents know the Lord for themselves

and then saturate their children with the Word of God. Your child might not stray too far if he or she has observed the reality of your relationship to Jesus Christ and has been rooted in His Word.

As Your Children Grow

Young children can grasp faith concepts at an early age. Once I spoke to a third grade class about Seed-Faith living. I planted some seeds in a planter and took it to the class so they could watch the plants grow. I explained that the good seeds I planted would become flowers, but if I had planted bad seeds, they would see a weed or nothing at all. I told them that I had planted the seeds, but only God could make them grow.

Then I told them that every day they, too, were planting good seeds (doing something kind for another) or bad seeds (hitting someone or saying unkind things). "Ask God to help you plant good seeds," I told them, "so good can come back to you."

By introducing your children to Seed-Faith living, you can help them receive the breakthroughs they need in their lives. We can bring up our children under the guidance of the Holy Spirit, with Jesus Christ at the center of their lives, according to Proverbs 22:6.

Perhaps you're starting late to apply God's principles of training. Your children may be older—and even rebellious—but don't give up. Start now to pray for them and to live a godly life before them.

Learn to Say No

There is no greater proof of your love for your children than correctly applied

discipline. Discipline means guiding, teaching, and directing their lives. I believe that if you discipline your children with a mixture of firmness and love, set guidelines for their protection, and give them direction and teaching from God's Word, they will "rise up and call you blessed" (see Proverbs 31:28).

Family Is Important

I believe we should take a lesson from Jesus and build deeply in the lives of our family members. I especially encourage parents to set aside a specific time for their family to read the Bible, pray, or just enjoy being together. When you do, you can gain a new strength, new wisdom, and a deeper love for each other.

When you gather as a family to center your hearts and minds on God, you are bringing your children into the presence of God Himself. Family devotions, Bible memory verses, or taking turns giving the blessing before meals are ways to share God's presence.

The responsibility of rearing children is awesome and not to be taken lightly. Again and again, while my children were growing up, I turned to God to supply sensitivity, wisdom, and insight for me in their upbringing.

God wants us to raise our children in His Word. "As for Me," says the Lord, "this is My covenant with them: My Spirit who is upon you, and My words which I have put in your mouth, shall not depart from your mouth, nor from the mouth of your descendants' descendants" (Isaiah 59:21 NKJV). This is God's promise that the seeds of faith we plant in our children can produce fruit. ✨

We were in the air for 25 minutes when all of a sudden we heard what sounded like a loud boom...

when fear takes flight

by Richard Roberts

When you're flying at 37,000 feet above the earth and the plane's engine suddenly quits working, it will get your attention.

This became very real to me in an alarming way in 2006, when Lindsay and I flew to California to celebrate my father's birthday.

We were on the flight home and had been in the air about 25 minutes when, all of a sudden, we heard a noise that sounded something like a car backfiring.

There was a strange grinding noise, and the plane tilted over to one side. We were flying over the mountains, and we knew something was wrong.

Fear tries to come in

Now, the first thing that usually happens in a situation like that is you panic. Fear comes rushing in, and the thought races through your

mind: *Are we going to be able to get out of this situation safely?*

Lindsay and I grabbed on to each other, and we had a split-second choice to make: We could react in faith, or we could let our own feelings of fear take over. We could go into agreement with what God's Word says, or we could go into agreement with the circumstances that we were in.

Satan was roaring, and I could feel the fear going all over me. But while I could almost hear him shouting at me, I could also hear another voice—a still, small voice on the inside of me—and it was saying, “Your work is not finished yet. You're going to Nigeria for a crusade. I've called you to 40 nations. You're not going to die in the California desert today.”

With that word from the Lord in my heart, Lindsay and I started praying out loud together. In fact,

we got so loud, I'm surprised they couldn't hear us on the ground.

After a few minutes, the pilot said, “We've lost the left engine. We're going to circle back and make an emergency landing.” What a blessing to know that was a possibility. But we had to keep standing in faith.

As we began our descent, we caught sight of a sea of fire engines waiting on the runway, with ambulances on either side. It was another chance to get afraid or focus on God.

We began to declare, “In the name of Jesus, this plane will land. In the name of Jesus, we will live and not die, and declare the works of the Lord!”

About 10 minutes later, with one engine gone, we landed safely.

We have a choice

Our experience on that plane is an example of *choosing* faith over fear and doubt...of believing God and His Word, no matter what circumstances you may be facing.

The world has it backwards—it says, “Seeing is believing. If I see it,

then I'll believe it.” But we walk by faith and not by sight. Faith says, *What I believe—based on the truth of God's Word—I can see come to pass in my life.*

When you face the storms and troubles of life—whether they happen at 37,000 feet or standing on firm ground—often there's no time to find a Bible and try to figure out what you believe.



But when you feed on God's Word on a regular basis and have it hidden inside your heart, faith can rise up inside of you.

But when you feed on God's Word on a regular basis and have it hidden inside your heart, faith can rise up inside of you. And when the “rubber meets the road,” I believe you can do what Lindsay and I did on that airplane—*cast off doubt and fear*—and declare, “In Jesus' name, I choose to believe God.” ✨

In the often unstable world we live in, God's Word can provide stability.



Trust in the LORD forever...
the LORD himself, is the Rock
eternal. — Isaiah 26:4

a SURE word

Salvation & Assurance of God's Love

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. —Romans 5:8

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. —John 3:16

Guidance

Your word is a lamp to my feet and a light to my path. —Psalm 119:105

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. —Proverbs 3:5–6

But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. —John 14:26–27

Forgiveness

If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. —1 John 1:9

Answered Prayer

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. —John 15:7

Soundness of Mind

For God has not given us a spirit of fear, but of power and of love and of a sound mind. —2 Timothy 1:7

Provision

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. —3 John 1:2

Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you. —Luke 6:38

my miracle story...

Financial increase comes after giving to the Lord



Things had not been going well at work. I heard my co-workers talking about budget cuts and layoffs. I wasn't sure what would happen.

I decided to ignore the negativity around me. Instead, I stood on God's Word. I called the **Abundant Life Prayer Group** for prayer and I sowed a seed unto the Lord through the Oral Roberts Ministries and believed God for blessings.

Within a few weeks, my financial situation started to change. I received a letter from the IRS stating that my tax return had been miscalculated. As a result, I was entitled to a larger refund than I initially expected.

The next week at work, my boss informed me that there was extra money in the budget to award to employees who had performed well on the job. I was one of them! I received a bonus, plus an extra week off with pay.

Soon after that, I was given a raise as well. I was so happy! I immediately remembered the seed I sowed into your ministry. I thank God for all His blessings. And I'm so glad I called the Abundant Life Prayer Group for agreement in prayer.

—Christine from Texas



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It's Time for a Miracle by Richard & Lindsay Roberts

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funny bone

Stormy Nite

One summer evening during a violent thunderstorm, a mother was tucking her small boy into bed.

She was about to turn off the light when he asked with a tremor in his voice, "Mommy, will you sleep with me tonight?"

The mother smiled and gave him a reassuring hug. "I can't, dear," she said. "I have to sleep with Daddy."

A long silence was broken at last by his shaky little voice: "The big sissy."

(from www.mikeysFunnies.com)

