

makeyourdaycount

Volume 12, No. 1 • 2015

Your Heart's Delight

by Lindsay Roberts

PLUS:

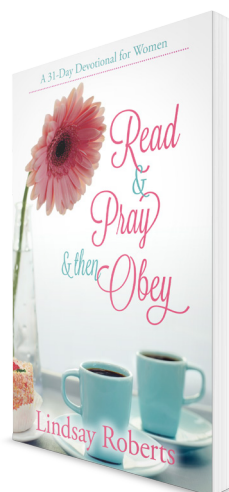
- The **Power** of the Cross
- I *DIVORCED* Fear
by Krystal Stewart
- Delicious RECIPES
- A Miracle Story



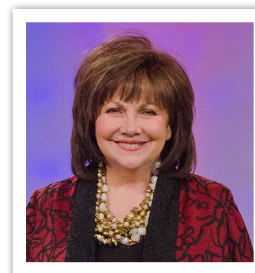
Nourish your Soul

Why not nourish your soul from God's Word with Lindsay Roberts' **Read & Pray & Then Obey**? There's 31 days of power-packed Biblical devotions that can help strengthen and empower your faith!

[Click here to order](#)



a note from *Lindsay*



I pray that this Spring issue of *Make Your Day Count* stirs up your hope for good things! Just like flowers and tree buds spring forth at this time of year, you can find new beginnings with the Lord whenever you reach out to Him in faith! Let the resurrection power of God come alive...not just at Easter...but all year round.

To help you build your faith, I've gathered articles on getting rid of fear and delighting ourselves in the Lord, as well as encouraging testimonies of what God is doing for people. Jordan shares some fun seasonal recipes, Ann Platz offers tips for making the most out of thank-you notes, and Cody, one of our staff members, shares his family's recipe for inexpensive laundry detergent and fabric softener on a budget.

It's my sincere prayer that you are refreshed and encouraged as you read this issue of *Make Your Day Count*. Happy Easter and as always, I pray that you are making today and every day count for the Kingdom of God.

Lindsay

...you can find
new beginnings
with the Lord
whenever you reach
out to Him
in faith!



Your Heart's delight

BY LINDSAY ROBERTS

Delight yourself in the Lord, and He shall give you the desires of your heart.

—Psalms 37:4

This scripture verse tells us to find our delight in the Lord so that He can give us our heart's desire. Sounds great, right?

But first, there is something the scripture tells us to do so we can step into that position of delighting in the Lord. Let's look at Psalm 37:1–2, which says, *Do not fret because of evildoers, nor be envious of the workers of iniquity. For they shall soon be cut down like the grass, and wither as the green herb.* You see, it's not our job to cut others down. And it's not our job to fret over those who do wrong. According to this scripture, we are to let God take care of the workers of iniquity who may come against us.

Verse 3 goes on to tell us what we should focus on, instead of our troubles. It says, *Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness.* Only then do we get verse 4, *Delight yourself in the Lord and he shall give you the desires of your heart.* As we trust God first and do what is good and godly, then we can begin to find ourselves delighting in Him.

Notice that this scripture is not telling us to delight in the situation we're facing. Why? Because situations can be pretty stinky or crazy sometimes. But we don't have to delight in the bad news or the difficulties of life.

*“We are to find **our delight** in the Lord...”*

This says we are to find our delight in the Lord, not our circumstances!

Psalm 37 tells us how to do that. It says, *Don't fret (don't worry endlessly about the problem). Trust the Lord (look to His Word for encouragement and answers). Make Him your source of joy (remember, you are His child, and there is help for you in Him).* That's our part. And I believe when we do our part, God is faithful to do His part.

There are times when we may think that God is telling us to do something for a reason that we can't understand. But His Word says that when we delight in Him and joyfully do His will, the net result is that we will find Him giving us the desires of our heart. When we get out of the atmosphere of worry, then God can begin to take care of our situation.

Maybe you feel like there is little hope in your life right now. Maybe your situation has been so bad that you have felt like you can't delight yourself in God. Well, I believe that's when our faith begins to kick in and we simply take God at His Word. I encourage you to trust in the Lord, and remember that you don't have to do it alone. *You can do all things through Christ who gives you strength* (Philippians 4:13).

So, remember, as you release your faith to God and ask Him for His strength, I believe He can begin to operate in your situation and help you. And with His help, you can begin to let your heart delight in Him and all the good things He has for you, in Jesus' name! ☀



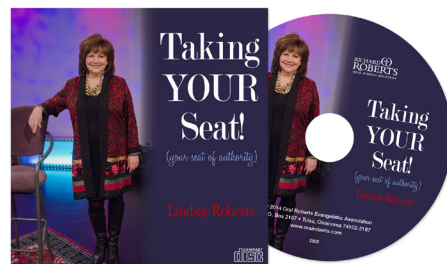
Take your seat!



The Bible tells us that we are **seated with Christ in heavenly places**. And that means you can have God's power available to you every day, in any situation you may face.

Lindsay Roberts brings encouragement to use the biblical authority that Jesus won for us through the cross. We can stand in faith against sickness, lack, fear, and anything else the devil may throw our way.

Request this CD today!



Thank God for your ministry. I call the **Abundant Life Prayer Group** regularly. And Lindsay, I watch you every day, putting my hands toward the screen to reach out in hope for this journey called Life! I don't know what I'd do without willing people of God who work tirelessly for someone like me.

—Sheila via Facebook

I'm so glad you reached out as a point-of-contact to release your faith in prayer! —Lindsay

Words don't describe how thankful I am for you and for the miracles God has brought into my life. Thank you for your time, energy, prayers, support, and love.

—Nicholas from Michigan

I finished reading your awesome book, **36 Hours with an Angel***. I cried with you and laughed with you, and I learned so much! Thank you!

—Charlotte from Minnesota

*This is Lindsay's story of God's sustaining power in the midst of tragedy and her "Don't-give-up-on-your-dream miracles". To order Lindsay's book, *36 Hours with an Angel*, visit our [online bookstore](#).

news&views



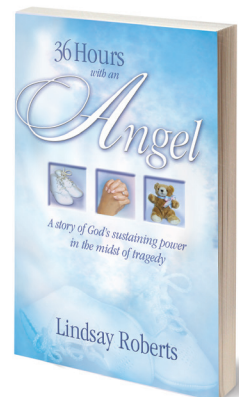
Letters from viewers & news around the Studio

Family Salvation!

I called the **Abundant Life Prayer Group** and agreed in prayer for my family's salvation. After prayer, my son, daughter, and son-in-law all received Jesus as their Savior and Lord. I am so thankful to God, and to you for praying with me.

—Colin via email

I'm happy to hear God answered your prayers, especially concerning your family! —Lindsay





divorced FEAR

BY KRYSTAL STEWART

My parents surprised me with a *skydiving trip* for my birthday. Jumping out of a plane is something I have always wanted to do, so of course I was super-excited. And I'm not going to lie and say I didn't feel a little nervous about actually doing it. But the second I left that plane, I felt like God just opened my eyes to see this world from a new perspective.

When I saw how big and beautiful this world is, something changed in me. I felt the Holy Spirit saying to me, "I have told you to take dominion over some of those places. I have told you to walk in some of those areas."

Seeing the world underneath me made me realize that I usually live feeling like the world is on top of me instead of under my feet. Suddenly, I understood how much discouragement had been in my life from negative things people had said to me and challenges I had faced.



Now, as Christians, we understand our purpose is to do what we feel called to do and share the Gospel in the way God has shown each of us uniquely to do. But how many of us are actually doing that?

We often live so scared of failure and people's opinions of us that we don't step out in faith to do them. We listen to criticism and then change our whole vision just to make someone happy. We know God wants us to prosper, but we may be too scared to start the business that He put in our heart.

In other words, we can let fear hold us back from stepping out and doing or being what God has shown us to do and be.

I had been "married" to fear for a long time, and it was the most controlling thing in my life. It told me what to do, what not to do, what friends I could have and not have. It made me feel sick at times, and kept me up at night fighting with it.

But the day I jumped out of that plane and heard what the Holy Spirit said to me, **I decided to "divorce" fear.**

As I studied courage, fear, and faith, I thought of the story of Peter walking on water. Jesus came to the disciples while they were in a ship on the Sea of Galilee. They were in the midst of the storm, and they were frightened.

Jesus said to them, "*Take courage*" (Matthew 14:27). How did Peter take courage? He stepped out of the boat. Peter decided, "I'm going to walk by faith. I'm going to have to step out." And he did it, and it worked. Even when we may feel scared, we can still step out into what we are called to do. (*Continued on next page.*)



*"..you can add courage
back into your life."*



“From this point on, I’m not going to leave space in my life for fear to come in...”

The second time I went skydiving, I saw an eagle underneath me. It was soaring without a care in the world. That morning was like a quiet time with the Lord, and it was so peaceful. God gave me that special moment to see that eagle flying around without a care in the world, not scared of anything.

I believe that’s what we’re supposed to do in our calling. Psalm 27:1 says, *The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?* Fear doesn’t have to rule our lives.

Let’s be honest—there’s still an opportunity for us to allow fear to return. But we can put that boundary there. We can say, “From this point on, I’m not going to leave space in my life for fear to come in. I’m going to continue to fill myself with courage and build up my faith.”

When Peter got the revelation of who God was, and when he saw the power of what he could do with Christ, he said, “*Now I realize that God does not show favoritism*” (Acts 10:34).

This is something we can get in our spirit. God has something special

for us. If we are willing to step out and add courage into our life, the dreams we have can happen in our life.

Now I want to pray for you...

Lord, I believe that You have such a greater calling for us, and You’re telling us that it’s time for us to step up. Just as You said to the disciples in that boat, You are saying to us, “Take courage.” So I ask You to help us take courage right now.

I pray that the Lord sparks something in you to let you know that you can add courage back into your life. I pray that nothing holds you back anymore...not a word that has been spoken over you... not any insecurities you may feel. In Jesus’ name, I ask God to break the power of fear and discouragement over you.

And I pray that through His strength, you begin to step forward into the things that God has called you to do, in Jesus’ name. Amen.☀



Krystal Stewart is a writer and speaker whose message is to encourage people to dream big. With her husband, Ronnie, she co-pastors Refuge Church in New Port Richey, Florida. She blogs at www.krystalstewart.net

Passover Lamb

High Priest

Captain of our Salvation

SHEPHERD

It's all about Jesus!

In this classic book, first published in 1965, Oral Roberts shares insights into who Jesus is by **revealing Him in every book of the Bible**—an encouraging reminder that our Lord and Savior can always be present in the lives of His people!

Request your copy today!

Bridegroom

Burden-Bearer

Sun of Righteousness



“Skinny” Chocolate Banana Muffins

Ingredients:

1 ½ cups whole wheat pastry flour
3 very ripe bananas
¼ cup honey
1 Tbsp. vanilla
1 tsp. baking soda
¼ tsp. sea salt
1 Tbsp. melted coconut oil
1 egg
½ cup nonfat plain Greek yogurt
1 Tbsp. unsweetened coconut milk
½ cup chocolate chips

Directions:

Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with nonstick cooking spray or a small amount of coconut oil. In a medium bowl, mix together flour, baking soda, and salt. Set aside.

Using a hand mixer or a blender, beat bananas, honey, vanilla, oil, egg, milk, and yogurt until well-combined, smooth, and creamy. Add wet ingredients to dry ingredients, and mix until just combined. Gently fold in chocolate chips.

Pour into muffin tin and bake for 20–25 minutes or until a toothpick comes out clean and the middle of the muffins is set. Serve warm. Store cooled muffins in a zip-top bag.

Overnight Apple Cinnamon Oatmeal

Ingredients:

1 green apple, cubed
1–2 Tbsp. cinnamon
1 tsp. all-spice
1 tsp. nutmeg
2 Tbsp. real brown sugar
1 tsp. sea salt
1 ½ cups rolled oats (*do not use instant oatmeal*)
15–20 drops of natural sweetener to taste (*such as stevia*)
4 cups unsweetened coconut milk, almond milk, or regular milk



Directions:

Layer ingredients in the crock pot in the order above. DO NOT STIR. Set the crock pot on low and allow to slow cook for 7–8 hours. Enjoy hot.

I make this recipe right before I go to bed, and wake up to a delicious cinnamon-scented kitchen with breakfast ready! Then I put the leftovers in plastic containers and refrigerate, and have leftovers for the next two days. -Jordan

Quinoa Caprese Salad

Ingredients:

½ cup quinoa, uncooked
8 oz. fresh mozzarella (in liquid)
1 carton grape tomatoes, halved
Fresh basil, about ¼ cup
¼ of an avocado, cubed
2 Tbsp. olive oil
2 Tbsp. balsamic vinegar
Salt and pepper to taste

Directions:

Cook quinoa according to the package, then cool in the refrigerator for at least an hour before preparing the salad.



To prepare the salad, slice grape tomatoes in half lengthwise. Cube the fresh mozzarella into small, bite-sized pieces, and mix with tomatoes. Add the chopped basil and cooked quinoa into the cheese-tomato mixture, and give the salad a toss. Next, drizzle on the olive oil and balsamic vinegar, and season with a little salt and pepper (to taste). Gently fold in the cubed avocado. Do not stir too vigorously. Give your salad a final toss and serve cool or at room temperature.

This recipe is a favorite of mine for summer when veggies and herbs are fresh at the fruit stand! -Jordan

Everyday Life Hacks!

Tips that can save you money!

Our staff artist, Cody, shared these soap recipes that he and his wife believe to be economical, eco-friendly laundry detergent and fabric softener. He says, "These recipes are an amazing help! This one recipe alone has lasted a year and a half! We typically do about 6 loads every week, and based upon that number, I would imagine this produces enough detergent to do almost 450 loads."

Homemade Fabric Softener*

Ingredients:

- 2 cups hair conditioner
(Any conditioner will work, but ones that are more fragrant help to overpower the vinegar. We used something berry or fruit scented.)
- 3 cups plain white vinegar
- 6 cups hot water

Directions:

Mix the conditioner with the hot water. Add in the vinegar and mix well. All finished! (Try storing in an air-tight container such as bottles, jugs or even empty milk gallon containers.)



Homemade Laundry Detergent*

Ingredients:

- 1 (4 lb 12 oz) box of borax
- 1 (3 lb 7 oz) box of washing soda (such as Arm & Hammer Super Washing Soda)
- 1 (3 lb) container of stain remover (such as OxiClean)
- 1 (17.6 oz) box of soap flakes (Zote Soap is the option Cody prefers.)
- 1 (4 lb) box of baking soda (such as Arm & Hammer)
- 1 (55 oz) bottle of fabric softener crystals (Cody suggests Purex Crystals Fabric Softener, in any scent you prefer.)



Directions:

There is no particular method to mixing all the ingredients, but it can be helpful to place smaller scoops of all the ingredients into the container as you go along, in order to help mix everything thoroughly. Once all your ingredients are poured into the container, take a large utensil and stir them up thoroughly. Try using an air-tight container or a bucket with a tight lid to store your detergent. Use about one heaping tablespoon for each large load of laundry. We found this detergent to be high efficiency and did not produce suds, but was still effective at cleaning.

**If you are laundering an item that needs to be treated gently, you might want to test a small section of fabric first, before washing the whole item.*

The Power of the Cross



For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. (John 3:16)

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

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord (Romans 8:38–39).

Not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior (Titus 3:5–6).



I GOT
MY MIRACLE!



The Abnormality is **GONE!**

I am a breast cancer survivor, and I went in for a routine mammogram on September 3, 2013. I got a call back right away because they found an abnormality in the right breast—the side where the cancer had been.

To be honest, the first thing I felt was panic. Then I got myself together, took a deep breath, and called the *Abundant Life Prayer Group*. I'm so grateful that the prayer partner had patience to deal with me through my sobs. She prayed with me and encouraged me with the words of Nahum 1:9, which says that *the affliction shall not rise up a second time*.

Two days later, I went back for another mammogram. The devil was tormenting my mind with fear, but I continued to stand on the Word of God.

The technician saw my blue prayer cloth and asked me what it was. I said, "It is my healing cloth, and it is touched with the prayers of Richard and Lindsay Roberts."

After what seemed like hours, they came and got me from the waiting room to show me the results. The abnormality was nowhere to be found, and my surgeon could not believe it. The mammogram images from September 3 clearly showed the abnormality, but the scans from September 5 were **totally clear**.

Thank you, prayer partners, for agreeing with me. I believe God created me and He could create anything new. He did. Now I am not only a survivor, but an overcomer. ☀

—Theresa from New York

(For prayer: call 918-495-7777 or go to www.oralroberts.com)

*“It was
nowhere
to be
found
and my
surgeon
could not
believe
it!”*



Is it YOUR time
for a miracle?

New
course:
*The Book
of Mark*

Check out our FREE online School of Miracles.

- **It's easy to enroll.** Just sign up at som.oralroberts.com to get started with the course of your choice.
- **It's convenient.** Study whenever and wherever you have Internet access.
- **It's miraculous!** Our students contact us daily with *great testimonies* of what God is doing in their lives as they study our School of Miracles classes.

Courses include:

- Miracle Living Series
- The Holy Spirit's Work Today
- The Healing Ministry of Jesus
- Journey Through the Bible
- And much more!

Thank you for allowing free enrollment! I am already feeling that the Holy Spirit guided me here, and I am enjoying Lindsay's "Miracle Living Series."

—Rebekah via email



www.som.oralroberts.com

BEING *Socially Graceful* IN TODAY'S WORLD

Have you ever wondered if writing a thank-you note is outdated? Well, I believe saying thank you in writing is always appropriate when someone does something kind for you.

It's important in the business world to make time for this habit, because I have found that some corporations won't invite someone back for a second interview unless the person sent a thank-you note for the first interview. So, if you want to do well in the working world, I encourage you to take time to show your appreciation.

Writing a thank-you note doesn't need to be complicated. It's as simple as expressing the sentiment, "Thank you for a wonderful time. With your invitation, I was able to enjoy something special to me." If you'd like to personalize the note even more, you can have special stationery engraved for you.

So, even though it's tempting to send a quick email or text, consider a hand-written note. Taking time to do so can let the person know just how special you consider them!



...if you want to do well in
the working world, take time
to show your appreciation.



Ann Platz is an author and a noted interior designer whose work has been featured in *Traditional Homes*, *Arts & Antiques*, and *Southern Living*. Learn more about Ann at www.annplatz.com