

Sista Temple Times

5 May 2003

Dear Sistas in Christ

You are probably surprised to receive this newsletter from me. Normally I am seen but not heard although those who know me really well know that I am not averse to talking plenty when I know you!

I am sending out this newsletter to you as an act of obedience to God. For a number of years I have felt to study, read books and pray for insight into the subject of health, diet and other health related issues. I never had any interest at school in Science or technical things except in the area of Home Economics and how God created the human body (human biology). I was, and still am, amazed at the complexity and completeness of how we are made. If we live according to God's principles we are able to live in Divine Health.

As we travel around the world I am often staggered to see in churches how many people are sick and seriously ill. Naturally in this day and age it has been inevitable that sickness is a problem in the world but I never expected it to be such a major problem in the church.

God inspired me right back in February 2001 to start a program to encourage women in their walk with the Lord, to encourage discipline and commitment in every area of their lives, to succeed in life, family, marriage and self-discipline. To reclaim health in their physical bodies - to Restore the "Temple". I have procrastinated in this as I thought it could only be done if I stayed at home and made contact weekly.

Over the Easter weekend, while we were ministering in London, God again spoke very clearly to me to get the program up and running. To JUST DO IT! To live according to my beliefs and convictions. After prayer, I realise that I can start this as a regular newsletter. It's just the beginning. There are so many women who do not fully realise that above and beyond our vocation or profession in life we are a unique part of the Body of Christ. As mothers and homemakers, even while doing menial tasks around the home, we are a part of THE BODY and given special gifts to do specific tasks. Producing fruit that will not disappear over time but will last for eternity.

With Mother's day fast approaching in Australia and the USA, we will again be thinking of how precious motherhood is. Even as a 48-year-old, married for 30 years, I often remember how important having a mother is. I have felt a great passion in recent years to be able to bless my sistas in Christ. I have no natural sister (I have 2 brothers) but God has put it in my heart to encourage and bless in whatever way I can and to link women together who can encourage and help each other.

This newsletter is just the beginning. Hopefully you will enjoy a regular e-mail update from me and be encouraged along the way to live in the SOMETHING BETTER that is promised to us in Hebrews 11: 40. About 18 months ago I felt strongly that God was telling me to believe for a brand new home. We have been renting homes in Australia for 13 years. Our then existing lease was due to expire early January 2003. John and I talked about the possibility of buying a new home in Melbourne but with our increasingly busy lifestyle it was too large a project to undertake at that time. I still believed for a new home to rent. Within less than 2 weeks of returning from an interstate ministry trip, just before Christmas 2002, we were able to move into a beautiful brand new home in a lovely part of Melbourne. All 4 of us are more than happy with our new home. God is so good. He gives us the desires of our hearts (when they line up with his will - which they do if we put him first!). Psalm 37: 4 If you are believing for miracles, healing, and answers to prayers - don't give up for HE is more than able to meet your need. HE just wants to bless you. As the chorus says "More than I could hope or dream of, You have put your favour on me- So blessed I can't contain it, so good I've got to give it away, Your love has taught me to live now, You are more than enough for me". God wants you to live in his abundant blessing. My aim is to encourage you in your walk with the Lord. To see you succeed in life. To reclaim your physical body - Restore the TEMPLE.

Do you sometimes look in the mirror and feel down and depressed with unwanted weight? Do you feel that

you can't change for the better? Don't think like that. In Jesus Christ we can do all things. We already have the victory. We just have to learn to walk in it.

Please feel free to e-mail me with testimonies, prayer requests, and insights from God that can be shared with the other Sistas who are receiving this newsletter. As we have good news we should quickly share it with others. 2 Kings 7: 9.

I have recently read a Christian book called Donuts and Temples by an English author called Erica White. If you get a chance to read it you will find it very enlightening and encouraging. Whilst in Washington DC 2 weeks ago I was in a large Barnes and Noble bookshop. I read a book that was all about avoiding cancer and other major health problems. It stated that the best way to protect your health was to avoid 4 major foods. These were: 1. Sugar 2. White Flour 3. Processed Oils 4. Milk Products

If we eat according to Biblical principles - lots of fresh fruit and vegetables - we will see our energy levels soar and our health improve dramatically.

In Jesus our impact on the world is eternal. Whoever you are you will make an impression on others.

I am writing to you as I have your e-mail address and thought you would be interested in reading this. If you don't wish to receive a regular update from me please let me know and I will delete your address. If you have a friend who might be interested please let me have their address or feel free to forward the newsletter to them. Trusting that all is well with you and your family. Keep shining for Jesus and working for His Kingdom. Enjoy each day as it comes remembering that we don't have to face anything alone when Jesus is your Lord and Saviour. Allow me to leave you with a Scripture for this month - 1 Samuel 15: 22 To obey is better than sacrifice. The key to success in life is obedience to the Lord and his Word.

Love in Christ,
Your Sista

Heather Cairns