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Week two: Product week

Randy Robison and Tammy Trent

Dr. Don and Mary Colbert #2

Studio Discussion:

RANDY: Welcome to *LIFE Today*! I'm Randy Robison. Tammy Trent is with me. You know, Tammy, we've had a great time talking about the *Spiritual Health Zone*. We want you to get this because we want you to be healthy in mind, body, and spirit! But your spirit has to be healthy.

By the way, if you missed any of the programs go to LifeToday.org. Whoo! There is some good stuff there. My parents are there as well. But our guests all week have been Don and Mary Colbert, who have joined us on some of the programs. Dr. Don Colbert has been with us the whole time. Welcome back.

DR. COLBERT: Thank you!

RANDY: Gosh, okay. Again, if you missed some of the programs, you'll want to hear Mary's testimony, and that is out there. But Mary, give us a little recap so people understand the weight that unforgiveness had on you, and how it could have led to a lot of the problems you deal with with patients on a daily basis. But give us a little bit of an idea of what you faced.

MARY: Well, you know, there's a lot of people that are hurting. There's a lot of abuse, abandonment, neglect -- betrayal. Betrayal is huge! Just feeling betrayed. Of course, I experienced the ultimate betrayal. Your father wanting to have sex with you? Your biological father? That just doesn't compute. I understand the levels that people suffer under, that sense of betrayal, their safety was not given to them that was right; the children that are going through it.

What I found is that when you come to a place that you're willing to surrender it all to him and give your life, as bad as it was, as ugly as it was, the pain of it, whatever it is, when you're

willing to get to a point that you say I don't want to carry this anymore. I don't want this eating me up anymore. I want to let it go, he's right there ready to take it. He is! He is ready to exchange.

I want people to know, on the other side of that ugliness can be the most incredible life full of joy and peace. He will take you and he will lead you and he will use you. When I came to the Lord and I came on fire, I was going to tell everybody about Jesus, and the love he put in my heart and this is real! This is not fake. It is not made up, it is real! I don't know about him anymore, I know him.

My mother, when I first came and I was so excited, she could not handle my forgiveness thing. I was so full of joy and "I love Dad. I love you, Dad! I forgive you, Dad." It's blowing her up. Like how can you? Because she was so full of hatred and bitterness in her heart.

RANDY: She was hurt.

MARY: Yeah, she was hurt and betrayed. She could not relate to what was happening in me. So to deal with it she took bites of it and she threw me to the street. So I became homeless.

RANDY: Really?

MARY: Yeah. So the church where I met him, I didn't know what to do. I gathered up my stuff and I walked down to the church. It had an upper room, it was an Assembly of God church, and I walked up to the prayer room upstairs, put my stuff behind a couch and there I lived. I lived in the upper room of a church.

RANDY: Did they know it?

DR. COLBERT: No. They didn't know it.

MARY: No. The pastor had a shower. I unlocked the back door to the church and they never

checked it. So happy for me. So I would come in and out of the back door of the church. But I would sleep in that upper room. But I've got to tell you something. I wouldn't trade those months I lived in the upper room in his arms for everything that he's done in my life since. Because I came to know him. And how much he loved me. Once you find that place of how much he loves you and wants to do something through you, it changes everything.

RANDY: It's interesting that, what we see in your life today, it started with a very, very hard thing which is forgiveness. And out of so many things, I don't know, Dr. Don, so much negative comes out of unforgiveness, does it not?

DR. COLBERT: Absolutely. Literally, when you have unforgiveness, you're inviting the tormentors, or the torturers in, and that's Matthew chapter 18. Remember when Peter came to Jesus and he said, "Lord, how often should I forgive? Up to seven times?" Because back then three times was what they recommended, according to the book of Amos. Jesus says, "No. Not seven times but seven times seventy." In other words, limitless.

Then he went on to tell the story of the king who wanted to settle the accounts. He said there was a certain ruler and he came to settle the accounts. One man owed 10,000 talents, which is equivalent to billions of dollars. But the man fell down at his feet because he was going to have to sell his family and everything and go to prison. He fell down and begged him and so he forgave him all his debt.

This man then went out, and a man who just owed him 100 denarius, which is only a few thousand dollars. A denarius is one day's work, 100 days work. He had him thrown into prison until he could pay his debt. The word got back to the ruler and he brought the evil servant back in. Here's what he said. He says, "You wicked evil servant. Didn't I forgive you all your debt? Why did you go out and didn't forgive the man who you should have forgiven." It says he turned him over to the torturers or the tormentors until he had paid his entire debt.

It says then, verse 35, that's Matthew 18:35, "So likewise, will he do to you, each of you if from your heart you do not forgive anyone that needs forgiveness." That you have not held

unforgiveness toward.

So again, the torturers, the tormentors are simply the diseases like fibromyalgia. The diseases that unforgiveness causes horrible diseases, painful diseases. Depression!

MARY: Crippling arthritis.

DR. COLBERT: Exactly! Horrible diseases. Again, you say, does it happen always? Well, it's interesting that Paul said in First Corinthians, there is a man that committed a sin in the church where he was having relations with his stepmother. A sin so grievous that even the Gentiles didn't do that. So Paul said, "Cast him out of the church and turn him over to Satan for the destruction of the flesh so that his spirit will be saved." Again, that's turning him over to the torturers, the tormentors.

MARY: That's accountability. The church is holding accountability there that you can't just do whatever it is you want to do. And go, "O God, forgive me! I'm so sorry." It doesn't cut it with him. That's the point. It's the accountability.

DR. COLBERT: But then, in Second Corinthians chapter two, that was First Corinthians five, it talks about the sin. He was cast out of the church, turned over to Satan for the destruction of his flesh, and then he comes back and now he tells them to forgive them. He says, "The punishment which was afflicted by the majority is sufficient for such a man." Then it says, "Now, whom you forgive anything, I also forgive, lest Satan should take advantage of us for we are not ignorant of his devices." His device is unforgiveness. He gives them entrance into your body, into your mind, into literally to take control and torment. The torturers come in. The tormentors come in and so many people are being tormented but they leave a door open. The main door he comes through is unforgiveness. An open door, like you leave the front door open to your house, any snake, any opossum, rattlesnake, water moccasin comes into your house and lives, and all of a sudden you're sitting on the couch and a snake bites you.

MARY: The one thing we've got to cover real quick is repentance. Because there are people

watching right now who are the ones who have caused the pain. They are the ones who have inflicted the pain. They're watching and going what do I do? There has to be --

DR. COLBERT: They have to repent or else the tormentors are coming on them.

MARY: That's right. That's critical that they know that. Part of repentance is also doing what you can do in restoration. If you have hurt someone, if you have violated someone you need to seek them out and beg their forgiveness. And ask them to forgive you. No conditions! You don't make any conditions because it is a gift. Forgiveness is a gift. It is a gift. You don't do anything for it to get that gift.

TAMMY: So, repentance is a gift.

DR. COLBERT: And it doesn't mean reconciliation. Because again, some people need to be out of your life. They're abusers. So it is critical that you listen to the Holy Spirit; and be led by the Holy Spirit.

But Mary gave one of the best examples because when she went back, and she had this experience and she wept those tears and wouldn't let them go in her mouth, she went back home and she put her arms around her dad and loved him, and told him, she kissed him on the cheek and said, "Dad, I love you." Well, he broke; had a nervous breakdown.

MARY: I did it not expecting anything. I didn't have --

DR. COLBERT: Agape love -- that's agape love. The God kind of love.

MARY: I had no strings attached. I had no motives behind the scenes. My heart was so pure. I felt so clean. I felt so clean for the first time in my life. I felt so clean! I remember that moment of like I'm a new creature. I felt like a completely new creature.

DR. COLBERT: Second Corinthians 5:17.

MARY: It was the freedom that was exciting. All I wanted to do was share that love with him.

TAMMY: How did he receive it?

MARY: Well, he started shaking. He'd shake and shake. Next thing you know he is crying, crying, crying. Two hours later, he is still sobbing and crying.

DR. COLBERT: But did he repent?

MARY: No repentance. He felt condemned. His sin had condemned him.

DR. COLBERT: The accuser of the brethren was there whispering in his ear.

MARY: So, he was sobbing, crying. Not saying, oh, Mary, please forgive me. None of that, he was just -- it was all -- it was bad.

DR. COLBERT: But he ended up in the mental institution.

MARY: Mom called the ambulance to him. She goes, "What did you do? What did you do?" "I didn't do anything! I just told him I loved him. And I hugged him." She called an ambulance. They admitted him in.

And when they found out what he had been doing, it wasn't just me, it was my other sister too, I'm one of four girls. I wasn't the only one that went through this. So when they found out what happened and what was going on in the family they were like, whoa! Let's bring these people in and find out how crazy they are. [Laughing]

So when I came in to talk with the psychiatrist who was treating Dad, who had been treating him for three months, he was admitted and they were putting him through therapy and stuff.

DR. COLBERT: How old were you at this time?

MARY: I was 21 at the time. By this time, I was homeless, I'd been in the word, and I was full of joy. I'm full of the Holy Ghost.

RANDY: Rent free at the church.

DR. COLBERT: She is a walking Bible.

MARY: I was a walking Bible. The psychiatrist sat across from me and goes, "Let me talk to you, young lady." He's starting to talk to me and we're having a conversation, going through. By the time we finished, he just sat back in his chair and he goes, "How did you do it? How did you do it?" I go, "What do you mean?" "You're so together. I don't understand. I've heard what you've gone through. How can you be so together?" I just looked at that psychiatrist and I said, "Because I exchanged my life for his."

RANDY: Wow! You used a word and I know you talk about this in the *Spiritual Health Zone*. A lot of people get this because they physically do a cleansing. We drink or eat certain things and we get rid of the toxins. How important is it that we do a spiritual cleansing? Not just for spiritual health but even for our physical health?

DR. COLBERT: It is critical because again, it involves repentance. We have to repent because again, so many Christians aren't willing to go to the altar and repent. You can do it at your home. You don't have to go to an altar. You can do it at your home and repent. You need to have sincere sorrow for what you've done and repent, and then ask forgiveness. He promises you forgiveness. Then you receive forgiveness.

You can't hold unworthiness but we're to come boldly to the throne of grace so we can obtain mercy to help in time of need. So again, we receive the forgiveness because if we confess our sins he is faithful and just to forgive us of our sins, and cleanse us of all unrighteousness.

RANDY: Cleanse us of all unrighteousness.

DR. COLBERT: That's the key. And so we repent, we ask forgiveness and then receive cleansing. And we get rid of unworthiness.

TAMMY: That's what happened to you.

MARY: That's exactly what happened. I had a cleansing. I felt like I'd had a bath for the first time in my life.

RANDY: The hope that that brings. You got something from the book on hope because I want to see the hope at the end of all this.

DR. COLBERT: Jesus is our hope.

TAMMY: He so is. As I was reading through -- first of all, you are like Pastor Don Colbert right now. You have a scripture for everything, and it is right here. That's what I love about you and I want that for my life too; just to be able to recite, and there it is at the tip of my tongue. It is all about your life and that's why you're living the way you're living too because you're walking, breathing Jesus every minute. I love it! It is inspiring.

As I went through your book, one of the chapters was on hope and that obviously means so much to me. I know it means a lot to our viewers. It was "Developing Unshakeable Hope." So I wrote this down because I thought it was important for me to be reminded of it: "The very meaning of hope seems to have been watered down over time. Even among Christians, we almost use it as a fond but unrealistic notion, a faint wish for a good outcome, something from *The Wizard of Oz*, or maybe a song sung by a Disney fairy godmother. But biblical hope is one of the strongest forces in existence. It is a powerful expectancy of a fully confident desire for some positive result. It is an anticipation that leads to action, a life-giving attitude, and an energizing hunger for an excellent outcome. Hope is an expectation not a wish upon a star."

So many of us do have that backwards even as believers. Oh, I wish, I wish, I wish upon a star.
[Laughing]

DR. COLBERT: Hope is not wishing, hope is expectation. You see the answer and now you're expectant. Like an expectant mother. She is expecting to deliver in nine months. That is the way hope -- Christians have so misunderstood hope. See, you can't have faith without hope. Without faith, it is impossible to please God. This is the victory that overcomes the world, even our faith. But again, it is like driving a car without any tread on the tire. If you don't have hope, hope is the tread that gives us the expectation to receive our faith. Then you've got to have these three, it is a three-pronged cord, which is the hope, the faith, and the love. They go together and it won't be easily broken.

RANDY: That's it.

MARY: And when you have the Word of God, when you pour this into you, and you see -- I took literally what he said, "I have plans for you, to do good for you, to give you hope, to bless you." I read that and went --

DR. COLBERT: She came from poverty.

[Talking over each other.]

MARY: I believed every dotted i and every crossed t that he said!

TAMMY: Me too! Hallelujah.

DR. COLBERT: That's why it says in Colossians, I believe it's 1:27, this is the mystery, Christ of the Gentiles. Christ in you, the hope of the world. And we are the temple of the Holy Ghost.

RANDY: You've got it. I can see it. I want everyone to have it. I want you to have it. If you want someone to pray with you, we'll put that telephone number right there. You can call at any time.

Someone will pray with you.

If you need to walk through repentance. If you need to pray for someone else, whatever you need we're here because we want you to have that hope. That's why we're offering Don Colbert's *Spiritual Health Zone* to give you hope. That's also why we want you to join us in an opportunity to bring hope to other people because there is an expectation that God will answer their prayers. You and I are the answer to their prayers. Watch this and you'll understand. And be sure you request this book with your gift towards this beautiful outreach.

Transition Roll-in:

ANNOUNCER: Right now, people around the world are suffering the effects of a deadly poison. And there is little they can do to avoid it.

Open captions

>> My name is Beatrice, and I am from Glalay, New Town. I have been very sick with diarrhea and lost a lot of blood. My grandsons all have a problem with the drinking water. One of them was so severe, we took him to the hospital. The doctor said our drinking water was the source of our problems. I knew that sometimes his face could be puffed up.

ANNOUNCER: The deadly poison of unsafe water takes a toll on every victim it touches. In the most tragic cases, the poison takes that which cannot be given back.

Open captions

>> We lost our mother because of unclean water. She died with a swollen stomach. Since my mom's death, we've had such tragedy in our family. Our life is not good. Even my siblings are getting diarrhea from drinking the unclean water.

BETTY: As I'm here with this little child, as precious as he is, he is probably between two and three years old, maybe four, but you know he may not make it past five, four, or five if he doesn't have the water he needs. He has water but it is contaminated. And so many more people like him

all around the world, they need our help. Children like this, we want to see them grow up and have a chance in life. Let God touch your heart and let's help these precious children.

Studio Appeal:

TAMMY: Let God touch your heart. I think that's my prayer every time I go on a trip, is God, touch my heart, change me, show me something. What is the need? What can I do?

People are suffering everywhere. I know it. Everywhere! But to me, there is nothing like suffering than when I'm in one of these places sitting in a village with these families that are telling me story after story after story about how their children have died or their mother has died. And now they're without a parent and they're just trying to make it through, just trying to survive. But on top of all that is going on, the water that they're drinking is poisonous. It's literally killing them? I just can't even imagine that kind of suffering.

Randy, I don't know about you, but I don't think I could ever I could ever fully go without wanting to do something. Now that I know the problem and I know there is a solution, I know that we can turn this thing around, that I know that it is as simple as coming together with a bunch of friends, a bunch of people that don't cost that much and drilling a well in a village like that.

RANDY: The beauty is we know because we've done it. We've seen it. We've watched their health turn around. We've seen sick children become well children. It perfectly parallels with what we're talking about with Dr. Colbert and the *Spiritual Health Zone*. Because we're talking about getting rid of the poisons in your soul so that your soul will be healthy. It is the same thing over there where they have the poisonous water. We're getting rid of these toxins, these things that are tormenting the body, tormenting the soul.

Don and Mary, we want to say thank you to you because we know that you have helped drill water wells, just like we're asking people to do today.

MARY: We know that people are struggling on so many levels. We understand that. So please, don't change the channel. Don't change the channel and say, I can't handle this. It is too much! And turn away. Please don't do that. Please don't turn away. Because any little bit that you can do can make a huge difference. You don't have to do a whole lot -- not a whole lot. Just a little bit! Just a little bit because a lot of little bits come together and make a big change -- makes a huge change. Please!

DR. COLBERT: And we're also not to love just in word and in tongue, with our speech but in deed and in truth. There is no greater thing than to give life to children with clean water. Again, we need to be doers of the word and not hearers only. You're being a doer of the word. Like Jesus said, "I was thirsty and you gave me a drink. I was hungry, you gave me food!"

RANDY: That's all we're asking of you today. There are people in need, we're asking you to fill that need. When you do, we want to help you. That's what this is all about. Will you do something? Some of you can do what it feels like a little but it is a lot. For others, maybe you can drill an entire well. Whatever God puts on your heart.

We're asking you to go online, go to the phone. Make the best gift you can. As Mary said, every little makes a difference, and request the *Spiritual Health Zone*. Let's be healthy and let's give health to others.

Product Week Cause spot:

ANNOUNCER: You don't have to suffer the debilitating effects of fear, shame, and other toxic emotions that can harm your health. Introducing Dr. Don Colbert's inspiring new book, *Spiritual Health Zone*, "A road map to adding joy, peace, and years to your life." In its pages, you'll discover how gratitude, forgiveness, and love are keys to divine health that can restore your body, mind, and spirit.

Request *Spiritual Health Zone* with any gift to help drill 350 water wells this year that will provide clean life-giving water for thousands of children and their families.

DR. COLBERT: Hey! Dr. Don Colbert here. Did you realize that contaminated drinking water is one of the leading causes of death and disease throughout the world? Clean drinking water is absolutely essential to good health. That's why I've joined *Life Today* in helping drill water wells throughout the world. We've been partners for years and I encourage you to do the same. Give the gift of clean healthy water. God bless you. Thank you!

ANNOUNCER: With a gift of \$1200 to help provide water for 250 people, or a gift of \$4800 to help sponsor a complete well, you may also request our new bronze sculpture, "Lion of Judah" inspired by Revelation 5:5.

Please call, write, or make your gift online today!

Studio goodbye:

RANDY: As you help us bring health to others we want to bless you in every way starting with your spiritual health. It will affect everything. So pick up the phone, go online, make the best gift you can, and request Dr. Colbert's *Spiritual Health Zone*. Tammy, the information and the hope and the joy --

TAMMY: Everything! We packed it all in as fast as we could. I love you both. You are both good medicine for my soul and for my spirit.

I hope you felt the same today. We love you genuinely. Thank you for watching. We'll see you next time on *Life Today*!