

2/17/25 From 1/1/25

Week 8: WFL

James and Betty Robison

Dr. Don Colbert #1

**Studio Discussion:**

**JAMES:** Welcome to *LIFE Today*! Betty and James welcome you. But I'm going to tell you, you're going to enjoy the next couple of weeks. Dr. Don Colbert is here. He sold ten million books. And the amazing thing about it is he didn't just sell books, he changes lives. Don, we're glad to have you.

**DR. COLBERT:** It's great being here. Thank you.

**JAMES:** I've got to get to this. We're going to talk about the *Spiritual Health Zone*, "Add, joy, love, peace, and years to your life." Betty and I are both 81. I know she doesn't look it. I understand. Hopefully, I don't totally look it. But the thing about it is, both of us experience such unbelievable health in spite of the fact that doctors have hurt us, the hospitals have hurt us, prescription drugs have hurt us, a lot of things have hurt us. But because of what we have heard from Don Colbert and others that really care about our health and about understanding how we eat and all the things that we do, how we move and keep moving, all the differences it makes.

Don, like I told you in the other room before we came out, when I look at this, I'm experiencing every single chapter. And I'm experiencing it the way you wanted people to read it to understand that it is possible to experience it, that you want them to experience it, God wants them to experience it, and they can experience it. I'm telling you.

So, you had to write this because you know a lot of things about supplements that are better, how we should eat. But you -- this is awesome.

**DR. COLBERT:** Well, these are the keys to the kingdom. Again, what I found, I've been

practicing now for over 40 years, and I find that the keys to living a long and healthy and peaceful and joyful life is not necessarily the supplements, not in a medicine, it's not in exercise but it is literally following the love walk. And the love walk involves walking in forgiveness. So many patients come to see me and they're full of bitterness, unforgiveness, grudges, like 70 percent of people in one recent study of 2,000 people held a grudge. A grudge is unforgiveness.

**JAMES:** But many of them have very legitimate hurts. When they tell you it is a hurt, it is a hurt. It is easy to understand why it is a hurt.

**DR. COLBERT:** Exactly right. But what we have to do is we have to get over these grudges and we have to literally forgive. Why? Because it is not an option, it is a commandment. It is part of the love commandment because love keeps no record of wrongs. We give it to the Lord. And we have the Holy Spirit help us to forgive them -- not from the head but from the heart.

**JAMES:** By the way, I've got to add this. It doesn't mean you forget it. You may remember it, but it means that you deal with it and handle it with love. And it is his love flowing through you because it takes a love that is bigger than what's in you to enable you to overcome it and to not necessarily forget but to actually forgive and to love that person; and not only wish the best for them but do everything you could to pass on the best for them. Does that make sense?

**BETTY:** In this book, are you talking about the well-being of our spirit and our bodies working in harmony -- working in harmony?

**DR. COLBERT:** As your spirit-man is prospering your health prospers. So again, love is the key. Walking in love. Walking in forgiveness. Walking in joy. Walking in peace. It closes the door on so many diseases, especially the stress-related diseases: The anxiety, the depression, the anger. So many people with high blood pressure, their stress response is going off. It will calm them down. Their bodies will get calmer. They can sleep better. Tension headaches go. So much fibromyalgia is due to the chronic activation of the stress response.

See, our stress response is a God-given response that enables us to fight or flee, but it is supposed to shut off after that. But so many people are stewing in these stress juices, it's chronically activating the stress response. And the very hormones meant to save our lives by enabling us to fight or flee, are destroying our lives with chronic stress chemicals going through our body all day, all night. It's not supposed to be that way.

Again, Jesus said, "A new commandment I give you, that you love one another as I have loved you." Now again, he's upped it because he loves us, just an infinite amount of love. The only way we can do that is by being born again and being filled with the Holy Spirit. That is that love of God being poured out in our hearts by the Holy Ghost.

**JAMES:** The very spirit of Jesus, and the very spirit that enabled Jesus to live as who he was, was the power of the Holy Spirit. That Holy Spirit fell on him too. That spirit that was in him came on him and in the Old Testament it fell on them, today it is in us, and it will fill us to overflowing. It has just been an amazing thing. You can experience this. He's offering it to us.

That doesn't mean that you won't feel depressed sometimes. This past election should have made you real stressed. It should have made you want to scream; my God, how are we even doing this? But see listen. God will give us peace through it all because he wants to guide us out of the mess. He wants to lead us into principled, purpose-filled living. This is what this is about.

I've got to ask you this question. Do you want to -- I look at these chapter titles like, "My Love Revolution." "Triumph Over Abuse and Homelessness." Wow!

**DR. COLBERT:** That's my wife's --

**JAMES:** Boy, she had quite a journey which she will tell. You're going to hear her journey. "Your Prognosis to Live and Love Forever." And you won't really live if you don't live in love forever, controlled by love, carried by love. "Taking the Love Walk." Love -- love is big! God is love. That's big!

**DR. COLBERT:** "He who dwells in love dwells in God."

**JAMES:** The chapter titles are amazing! The one that I referenced was about forgiving. "Forgiving: The Key to Living." And it really is. "Cleansing Our Consciences." "Throw Away Your Record Book." That's where the enemy will keep bringing up to you where you failed.

One of the things I told you before we walked in here, I said, "You know, the enemy is an accuser." The problem you have with him is when he accuses you of something that you did wrong, you have to agree with him, you did it wrong. But he won't agree with you when you tell him it is covered. I'm cleansed. It is absolutely covered.

Man, these chapter titles are fabulous.

**DR. COLBERT:** Well, it is exciting because once you start living this and you help people get set free because so many people are bound with condemnation, guilt, shame, and blame, and they quit loving themselves. But we literally help people, we take them through what I call "Forgiveness Therapy" there in my office. We have them pray, forgive themselves, and then we literally, many of them will repent and cry. And they'll be touched by the Lord. And then they start loving themselves because you can't love others if you don't love yourself.

And so many people are depressed and so many people are pessimistic. Which by the way, over 50 percent of people are pessimistic in this country. You know, pessimism is one of the main triggers for depression? But you know pessimism is based on failure.

**JAMES:** Now how do you define pessimism?

**DR. COLBERT:** Pessimism is where you have a failure mentality. What's happened is, pessimism occurs from trauma, usually early in life, where you've not achieved something you wanted to achieve. Or you've had loss of loved ones. Or you've had a bad illness. Or you've had a breakup. Or you've had a divorce. And literally, you've developed a failure mentality where you expect the worst to happen, and the worst usually happens. This becomes a mindset.

You blame yourself. You personalize it. It is your fault. You're the blame.

Then you make it permanent. This will permanently happen to me. I'll always be a loser. I'll never make enough money. I'll never get a wife. I'll never get a husband. And then you make it pervasive where it pervades every area of your life. It affects your work. It affects your play. It affects your home life. It affects everything and that's a pessimistic person. Now, over 50 percent of Americans are pessimists and that includes Christians. They've lost the hope.

**JAMES:** Some of the most miserable people on the planet sit in church. The people at a ballgame look happier than the people sitting in church.

**DR. COLBERT:** Like John Hagee used to say, "Most Christians look like they've been baptized in pickle juice." Because they've got a sour look on their face. So again, we have to have that joy unspeakable and full of glory. We have to have that love shining out of us.

Again, I've dealt with patients who have had near-death experiences in the past. I know John Burke was on your program, a wonderful Christian pastor. But what's amazing is when these people have had an encounter with the God of love, with Jesus, they see a bright light. Well, first of all, there's three main things that happen in near-death experiences. They see literally their bodies trying to be revived because they're usually floating on the ceiling and they're looking down, and they're seeing people trying to revive their bodies. And then after that, they go through a tunnel.

Then after the tunnel, they encounter a being of great light and great love. They take them through a life journey where your whole life is reviewed. During that journey, they're looking and testing to see how did you respond to this situation? Did you respond with love? Or with anger or hatred or bitterness or unforgiveness?

In every situation, it's going to happen to everyone on this planet that's ever lived, we're all going to go through the lifecycle where you go through and you have your whole life replayed. Everything is going to be judged on how you responded in love. That's why Jesus says, "A new

commandment I give you that you love one another as I have loved you." Not just love our neighbor as ourselves, but let's up it a few notches. That's an impossible love. That's the agape love. That love can only come about by the Holy Spirit being shed abroad in our heart as Romans 5:5 says. But what is exciting is we can experience that love. We can be shining lights of that love, and we can extend that love.

But going back to the near-death experience. Here is the person, they've gone through the tunnel, they've experienced this great being of love, when they come back, they're changed. I've seen so many of these. There's a brightness in their eyes. I've seen one man that went to heaven, the light in his eyes, you're just amazed! You see Jesus in his eyes. And they're changed. And the things that used to bug them, they don't bug them anymore.

So, when you read this, it is exciting because it is in Revelations and hardly anyone has seen this. It is in Revelations one. So, I'd just like to read it really quickly. Because when people get this revelation of the resurrected Jesus Christ dwelling in you, the King of kings, the Lord of lords, he dwells in us. He says, "I will dwell in you and walk among you, and I'll be your God and you'll be my people."

This is who is in us. Now listen to who is in us. It says, here is John talking. John says, "I was in the spirit on the Lord's day, and I heard behind me a loud voice like a trumpet saying, 'I am Alpha and Omega, the First and the Last.'" Read on down and it says, "In the midst of the seven lamp stands, one like the Son of Man..." that's Jesus. Not baby Jesus! This is resurrected Jesus! "...clothed with a garment down to the feet and girded with the chest with a golden band. His head and hair were white like wool, as white as snow. His eyes were like a flame of fire." Can you imagine a flame of fire? "His feet were like fine brass as if refined in a furnace. His voice, the sound of many waters. He had in his right hand seven stars. Out of his mouth went a sharp two-edged sword and his countenance" -- here it is! -- "was like the sun shining in its full strength."

That's that bright light. That's that infinite love that so many people that have had a near-death experience, they come back, and they're changed. They have a light in their eyes, they have a

love, they have a patience, they have a humility, and they're changed people. And why can't we have that experience before we go?

**JAMES:** You can in him because he actually had real death. He was resurrected and he offers that to us. You don't have to go through a near-death experience, you can have a life experience. Jesus actually forgave the people that deliberately crucified him. He said, "Father they don't know what they're doing." They knew what they were doing. They knew where they were spitting. They knew where they put the thorns. They knew who they were spiking. They knew when they were driving the spikes through his hands. They knew. So why did he say they didn't know what they were doing? He said, "Because I know Father, they're under the control of another force. They don't even realize they're not in control of their own life. Somebody else is and it breaks my heart. Father, forgive them. They don't know what they're doing! They don't understand what's got them."

You know, when you realize that, he is the one person that can break the power of that grip of the deceiver, and he can open our heart. That's what this book is about. I'm begging you to get it. I'm telling you, please. We've helped you sell those ten million books, and we've seen millions of people's lives changed. It is not a matter of selling books. It's a matter of helping people get healthy. That's what this doctor does as well, as anybody on the planet in our opinion.

I'm telling you, just "The Causes of Hopelessness," "Developing Unshakeable Hope." Wow! "Speaking Life: Speak Life to One Another." That's what Betty and I do. I've been doing it for 60 years. But the beautiful thing is much of that time, I want to say most of that time, I've been experiencing life and hope in an indescribable fashion. Both of us have together.

And we've lost a daughter. We lost a daughter now that has six little grandchildren. We went to see them a few months ago. We got to see her grandbabies. Two of them were just born this year. It was the first time we saw those two. She only sees them from heaven. We never knew anybody who could entertain the whole church, all the kids in the school, everybody like she did from the time she was a little girl.

And we say, why? I can't answer that question. I have no answer for it, but God is my hope and he's our comfort and we can't get an answer why. We just say, God, what do you want to do with it? That's the reason we have this man here. That's the reason we bring everybody to *Life Today* to give you life today. He offers the fullness of life today. We want to point you to him in them and many other people, not just us. But he is indeed in us.

You're one of the reasons, doc, that we've been able to live as freely and fully, and with as much joy and as much health as we have. I've just got to tell you. Sometimes, people take a supplement or maybe a medicine but right here, you talk about a healing balm. That's what this is.

**DR. COLBERT:** Amen! This is again, I've written a lot of books on health and people are saying, why did you write a book on the spirit zone? Why didn't you do something on psychology? Because this is life! And the life is the light of men. This is going to help lead people to the Lord and to the greatest freedom. Freedom from deadly emotions. Freedom from trauma. Freedom from depression. Freedom from anxiety. Freedom from death, hell, and the grave!

**BETTY:** When you try to separate the spirit from your body, you've got big problems. They work in unison -- they're supposed to work in unison together. When you feel good in your walk with the Lord and everything, your body is going to function better, and it is going to be more balanced. Because I know if I get depressed, what do I want to do if I get down? I want to eat. Eat out of control. And we can't do that.

**DR. COLBERT:** Food becomes the comforter and not the Holy Spirit.

**BETTY:** But a temporary comfort. Yeah. But to work in unison with one another, and it is just, like you said, it is the love of God shining and your countenance does change.

**DR. COLBERT:** Exactly! And we're spirit, soul, and body. So many people leave the spirit out. They put body, soul, spirit. No, spirit is number one, soul, and body. Because the mind is



important, the body, but the most important is the spirit, and that is the most neglected. The church has chronic spiritual insufficiency. They're not feeding the word or the right word or the truth. So, I put the truth in this book. I've broken the word down where everyone can understand the key concepts of the gospel.

**JAMES:** You know, when you give people a supplement or a better way to eat, that's what you're doing here. But there is something that goes with this, the better way to eat, the better things to take, is to do away with what's destroying you and causing problems. That's what -- it doesn't just show you what you're putting in, it's what you're putting off. It is what you're taking off, the load and the weight that is crushing you. You didn't just put on a helium pack. You literally threw off the weight and you took on the healing balm. And so much of it is mental, it is totally spiritual, and it is something that needs to happen.

This is kind of like a miracle book, *Spiritual Health Zone*. I want you to get it. Doc, we always and we'll send it to you but what we want to ask you to do is I want you to listen to Isak Pretorius. This is Peter Pretorius' son, the missionary that we worked with for so many years. Right now, we're trying to drill more wells. We're trying to give people fresh clean water that never had it, who are losing their children. Watch this and would you do this? Would you help us drill a well? Please watch this and see if you don't want to be the absolute indescribable, undeniable miracle for this situation.

**Transition Roll-in:**

**ANNOUNCER:** Every morning, mothers in rural villages throughout the continent of Africa wake up and set out to collect their family's water for the day. No matter what country they're from, there are two things they have in common. One is the need to keep their loved ones from dying of dehydration, while at the same time praying they don't fall victim to a waterborne illness because of contaminated water. This never-ending dilemma is caused by the fact that they simply have no other choice.

**ISAK:** You've just seen a woman collecting water here in this hand-dug well. They've literally

just dug an area into the ground. They've got to where there is some water seeping through because it is an effort to try and get the cleanest water they possibly can. And yet, if you look at this water, you can see that it is not clean. This is the reality of why the biggest killer of children under the age of five is waterborne diseases. Hundreds of thousands of children die on the continent of Africa each month because of the simple fact that they don't have access to clean water.

And yet, it is so easy for us to change that through mission Water for LIFE. We come into these villages. We identify the right places to drill the water wells. We drill deep water wells that go to a level where the water is fresh, clean, and life-giving. And then we equip those with the pumps right there in their villages, easing women's arduous journey of having to come and collect water. But most importantly, ensuring that those villages receive fresh clean water.

Please help us today. Give the best gift that you can give to Mission Water for LIFE because you're literally giving life in the form of water.

**Studio Appeal:**

**JAMES:** I love that. I actually saw Betty jump back from that water one time and she fell over. We had a hard time cleaning her up from all the stuff she fell in.

But listen to me, 8,000 of those wells drilled, way beyond that. And with your help, we just drilled hundreds more, one at a time. I think there are some of you watching that say, you know what? We can give a well.

Did you know that I got a note last week from a man that said, "Back in the '80s, I came, and my life was changed. I want you to know I have lived for God since the '80s, James. That's what, 40 years that he's been living his faith? I may not be multiplying and adding it right. Doc, you do the math. But the point is, he said, "We just love Jesus. And my four sons and me, we're sending you \$4800 for a well. But I wanted to tell you, I've been experiencing God from the time I heard you back in the '80s."

But can you imagine what those 8,000 wells are doing for thousands of people? You've literally saved millions of lives. Would you please, could you give over \$100? By the way, we're asking you to give that we'll send you this. But would you do that? Would you make a gift to help us drill those wells? Could you give \$1200 and pray three join you, or \$2400 and pray one join you? We need your help to do it. It is the only way we can do it. The only way we can put God's arms around many of the people who desperately need to be held and loved and changed by God. Literally, saved by him. Not only for eternity, but to experience life right here. You're giving life in the fullest matter and the fullest measure. Thank you for doing it.

Go get your checkbook, go get your bank card, use it like a check. Call or go online and make the best gift you can right now. You're actually giving life.

And I want to tell you this, we're going to send the most beautiful bronze that I have ever seen. This is "The Lion of Judah." But this is what makes "The Lion of Judah" significant. He is a protector of the family, this lion. But it is the family that was born into life now and for eternity because of the cross, and because of the cross is a way that we can live in fullness. We'd love to send it to you. You make a gift of at least \$1200, and we'll do it. I do love this bronze. And everybody that sees it is going to be inspired by it. Thank you so much for making that gift.

**2025 WFL Cause spot:**

*Announcer: Every day, thousands of lives are lost to waterborne disease, and nearly half of those are children under the age of five. Through Mission: Water for LIFE you can give mothers hope and children a future as we provide clean, life-giving water for thousands of children and their families before it's too late.*

*With your gift today, you can help drill and establish 350 water wells this year. Your gift of \$24 will help provide clean water for five children. A gift of \$48 will help provide for ten. And \$144 will help provide life-giving water for 30 people for a lifetime.*

*With a gift of any amount, we'll send you Dr. Don Colbert's new book *Spiritual Health Zone*. Discover the key to living in divine health as you find a roadmap to adding joy, peace, and years to your life.*

*With your gift of \$100 or more, you may request the "He Restores My Soul" candle set. This decorative candle and match set will inspire you to remember the restoring presence of Jesus, the true light of the world.*

*Finally, please consider a gift of \$1200 to help provide water for 250 people for a gift of \$4800 to help sponsor a complete well, and request our new bronze sculpture, "Lion of Judah" inspired by Revelation 5:5.*

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

**Studio goodbye:**

**JAMES:** You're going to be seeing Dr. Colbert for a week. A lot of you say, I'd just as soon you have him on every day. Get the book. Thank you for helping us drill a water well. Thank you for helping us put His arms around people desperately needing to be held. Many believed they never would be.

Betty, we've been able to put our arms around a lot of people because of people watching helped us do it. Doc, you have helped us point a lot of people to a life of joy and peace and fullness and health, and I want to thank you. I think this may prove to be as good as all of them put together.

**DR. COLBERT:** Thank you. Again, this was something that was burning in my heart. I wanted to do it. Even though it is not health, this is spiritual health, more important than any physical health, at least great physical health.

**JAMES:** Not the kind of health people expect to get from a doctor. It is way beyond that -- way beyond it. Thank you for watching *Life Today!* Thanks for sharing *Life Today*. Let's keep it up.

