

2/19/25 From: 1/3/25

Week 8: WFL

James and Betty Robison

Dr. Don Colbert #3

Studio Discussion:

JAMES: Betty, do you like this guest?

BETTY: I do very much. He's helped me a lot. And he's trying to help me help you. [Laughing]

JAMES: Big! He's saying, Betty, we're really praying for you. God knows that guy needs help.

Dr. Colbert has written a book called the *Spiritual Health Zone*. He has written everything about how to eat, how to live, how to work, how to take care of yourself, the kind of things to take, supplements that can be helpful, give you things that you miss in your normal diet, how to correct your diet -- all kind of things.

There's many, many books, ten million books. I don't think he wrote ten million different books but he sold ten million books. But he's written a lot of books and he's been here with them. People tell us that watch how much they love him. Well, he's going to be here two weeks, also with Randy and Tammy.

This one is *Spiritual Health Zone*. This is not about supplements. This is about spiritual things. It is about things that we do in our life. How would you describe it? It says *Spiritual Health Zone*.

DR. COLBERT: These are the keys to walking in good health spiritually, emotionally, financially, every phase of health. Again, I wish I'd known this many years ago, but in practicing medicine for over 40 years, I've never found anything so powerful that enables one to walk in excellent health and live a long, healthy, joy-filled peaceful life than walking the love walk.

Love is like your guardrails. If you stay within these guardrails, and practice the love walk, which includes forgiving, which includes keeping no record of wrongs, and walking in peace, walking in gratitude, and letting the joy of the Lord be your strength, when we do that, it helps your immune system. Our immune system is stronger. We produce more natural killer cells. It decreases inflammation. It shuts off our stress response. What it does is it increases autophagy in which our body starts to destroy abnormal pathogenic type cells or cells that could be cancerous.

So, that's what's happening when we're walking in love. It also restores relationships. It brings joy and peace back into our lives. So it helps one to live longer, just like Psalms 91:16 says, "With long life, I will satisfy him (or her) and show him (or her) my salvation."

Again, when we start practicing, these are God's principles. He says, "My word is spirit and my word is life." These are spirit words that I'm feeding the spirit man. And we are spirit. Our spirits are the only part of us that will live forever. This body has an expiration date. This body will expire. Now the age for men is around 75 expiration date; for women, about 80. But now they're extending it. Now, we're going to be extending life to around 120. So again, we do the same with living a long life.

JAMES: What you wrote on the keto diet helped me lose 25 pounds and keep it off for 10-15 years now. It is amazing. As I was listening to you, I felt like the Lord started whispering this to me. He said what he's talking about in this love power does not eliminate evil. What it will do is enable you to overcome the adverse effects of evil, whatever the source of that evil or however that evil comes at you, you will over overcome it. It will still be here. It is a present reality, just like disease is a present reality. But you can overcome it. Or you can defeat it.

That's what this is about. This is defeating the adverse effects of what the deceiver does and what damage his deception does to us.

DR. COLBERT: Exactly right. One of the most important things in the love walk is to walk in and live in forgiveness. So many patients I've seen are trapped in trauma, trapped in depression.

One lady had severe depression, I saw years ago. She was extremely depressed, extremely obese, and had fibromyalgia. I found out that her husband divorced her. He'd betrayed her and had an affair with her best friend. This just totally destroyed her. She was humiliated, had rejection, betrayal, humiliation, and hated herself. So she said, "I'm going to gain a lot of weight because I don't want another man attracted to me that will break my heart again."

So what we had to do is we had to take her through forgiving her ex-husband, forgiving her best friend, and forgiving herself because she hated herself. And so again, she had such deep hurts. But then we had her start speaking the word over her life. She spoke the word over her life, forgave herself, forgave her ex, forgave her best friend, and then it started changing her life. She started losing weight, and she started putting words of life.

But I didn't know back then about pessimism. She was stuck in the grips of pessimism. Now, I'll put that piece of the puzzle in here because if you're stuck in pessimism your autopilot is that you are worthless, you're to blame, you're ashamed of yourself, you have a defeated attitude. We have to pull those roots out.

The Word of God says in Second Corinthians 10:4-5, "For the weapons of our warfare are not carnal, but mighty through God to pull down strongholds, casting down imaginations and every high thing that exalts itself against the knowledge of God, and bringing into captivity, every thought to the obedience of Christ." Well, what thoughts should be obedient to Christ? Well, you look at Philippians chapter four, verse eight, "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be anything of virtue or be anything praiseworthy, think of these things." Anything not true, honest, just, pure, lovely, of good report, praiseworthy, you arrest it, you cast it out of your mind!

Too many Christians are meditating on the wrong things. They're not doing their spiritual warfare and they're letting the devil wreak havoc over their mind. And they wonder why they're depressed and anxious.

JAMES: Yeah, and other people are joining the devil in the condemnation. They help heap it on. You already are heaping it on yourself and they help to heap it on. They work in concert with the devil instead of with God.

BETTY: In this book, is that what you're doing? You're helping them walk through step by step to allow God to renew their minds. Isn't that what it is all about?

DR. COLBERT: You've got to have the mind renewed, not just once a week in a church service. Every day meditate on the word day and night. At night, I would meditate on the scriptures. Again, if I wake up early, I meditate on scripture. Read the word first thing in the morning. Read it before I go to bed. That's the key and meditate on it. When I'm driving to work, I'm meditating on the word.

JAMES: I told you yesterday, or a couple of days ago when we were talking, that I'm carried by love. I really am. I'm overwhelmed by love. And I'm very, very grateful and forgiveness is key because I've had a lot of people hurt me. I try to help people that nobody wants to help. Or I try to help people that somebody doesn't like. So for me, of all things, I try to help people in another denomination. Or I try to help people in another denomination who have been mean to the denomination that I'm being friendly with. But they want to know how can you help him? I want to help everybody.

Do you know what I've done? I just reach out to everybody outside of my own circle, I reach out to his circle which is the whole world. He gave his son to die for the whole world. He loves you! He loves you no matter what you think of him. No matter what you've done, he loves you. So I start loving them.

Do you know what I've watched? I've watched these people who were taught to despise one another, who despise me because I was trying to help these two different groups, they fell in love with each other. Then all of a sudden, they began to look like Jesus. The church began to look like he said it was supposed to, and it began to have an impact. It is impacting and can impact the direction of a country as deceived and defeated and divided as our nation has been for too many

years. Wouldn't that be wonderful? That's what the power of love does. That's what the power of forgiveness does.

By the way, these people tried to hurt me. Doc, it is as easy to forgive them as it is looking at you and thanking you for helping me. Because he, the forgiver is overwhelming me with forgiveness and love.

Father, overwhelm everybody listening right now and watching. Overwhelm them with your love; in Jesus' name.

I mentioned to you that I looked at this title, "Throw Away the Record Book." That record book is where you know you failed. You know God knows you failed. You know he forgave you. He lifted you out of the pit that you got in that you dug yourself, and didn't just get thrown in or fall in, you dug it. He lifted you up. He inclined his ear. He loves you so very, very, very much. But you know you did wrong. The enemy keeps reminding you of what's in the record book.

DR. COLBERT: He is the accuser of the brethren.

JAMES: It keeps us weighted down. We have got to throw away the record and the record book that he paid for. I think that has to be a very important chapter.

DR. COLBERT: Amen. Again, the Word of God says in First Corinthians 13:5 that he keeps no record -- love keeps no record of wrongs. And so we can't keep records. The accuser of the brethren is going to bring up every wrong but the blood of Jesus covers it and Jesus is our advocate. He is our High Priest who makes intercession. He says nope! They're covered with the blood. Their sins are all forgiven.

So, just like a pastor that I know had dealt with thousands of people that were on their deathbeds and he said, never had he heard these people say, hey, bring me my trophies or bring me my diplomas so I can see them just one more time. But what they do when a person is on their deathbed is they always say, pastor, bring these people that I love, that I cherish because they

want to spend time with people they love.

So again, that's why we have to love people now until it is so late, and then we're ready to check out on our deathbed and then we say, hey, life's past us. That we're about to get rid of our earth suit. This is just a temporary earth suit. But our spirit man is going to be when you see people and hear these near-death experiences, their bodies are like they're about 30 years old. Their skin just glows! Their skin has just a youthful, vibrant look. The light in their eyes is just -- the booming voice of youthfulness that comes out in these near-death experiences. When you see your loved ones and you're greeted, it is just mind-blowing when you hear these stories. And so, we all have an expiration date but the good news is we can love everyone that we come in contact with from this day on and change and start putting up the guardrails of the love walk.

But see, there are four kinds of love. There is eros love; that's the sensual love, the lust, the sexual love, the attraction. There is the phileo love; that is the brotherly love like veterans in combat. You know how they'll give their lives sometimes to save the whole platoon? And then there is the storge love, which is the love like a mother for her child which is a great love but is not near as strong as the fourth type of love, which is agape love. Agape love is the God kind of love. There is no other love like it. It is a supernatural love that you receive when you invite Jesus into your heart. And it says in Romans 5:5, "The love of God is poured out in your heart by the Holy Spirit." He fills you, but we have to activate this love. See, love is not just a noun, it is a verb. It involves action. We are not to love in just word or in tongue, but it says in First John 3:18 that we are to love in deed and in truth. That's why Jesus said in Matthew 25, he says, "I was hungry and you gave me food. I was thirsty and you gave me a drink. I was a stranger and you came to me. I was in prison and you visited me. I was sick and you came to me." And the disciples say, "No, Lord. When were you hungry and we gave you food? When were you thirsty and we gave you a drink?" He says, "No, no, no, guys. As you've done it to the least of these my brethren, you've done it unto me."

And that's why what you're doing is so important. God is smiling on you and he's saying, that's my people. That's my love.

BETTY: That agape love is the hardest one for people to accept because the enemy like James says, the enemy reminds us of all our failures. He said how could someone love me for what I've done? I have to look at it from the aspect of a mother. My child could do anything wrong and they would come back to me, I would have arms opened wide and say, I love you with all the love that's in me. But if you could understand that, God's love is so much greater.

DR. COLBERT: Amen! A mother's love is wonderful but God's love is infinitely greater! Just like one professor, a university professor wrote a near-death experience. And what he said, he says when he encountered this love of God, when he had his near-death experience, he says, "It's taken all the love I'd ever experienced in my entire life and put it in one moment and then multiplied it times a thousand. And that's the love of Jesus." And that's agape love, and that's selfless love. It is empathy. It is compassion. It is love that even though they've treated you wrong, you still love them. It is a supernatural love that only comes through being born again and through the Holy Ghost.

JAMES: We've touched on several of the 13 chapters here. A couple more you want to mention? We've got just a few minutes left. Just a couple more things you want to mention that people need to grasp and understand the importance of?

DR. COLBERT: The importance of our words is critically important. Realize death and life are in the power of the tongue, and we who love it will eat the fruit thereof. Jesus said that for every idle word that men shall speak they will give an account thereof in the day of judgment. For by your words, you will be justified, and by your words, you are condemned.

So again, these idle words are powerless, they're empty words, they're words without -- we need to speak spirit words. The words Jesus said, "The words I speak unto you, they are spirit and they are life." When we're speaking God's words, literally, they're transformative words that come out of our mouths like a two-edged sword. It is words that will be like you're an evangelist. You saw the salvations because the words that came out of your mouth were two-edged swords.

But we as Christians are cursing ourselves and cursing others when we need to be building others

up. You see this and you say, Lord, why can't more Christians be people of light and love? Because light and love go together. And when we have more love we have more light, and people say, I want what they have. So, we're trying to be beacons of light, beacons of love to help the body of Christ.

JAMES: You love people of a different color, a different race, a different nationality, a different party, a different team, a different place, a different church. I'm telling you, I can't stop that kind of love. That love overwhelms me. It carries me. It flows like a river controlled by God.

This is, and all the books you have written are great. You've really helped me and Betty. People constantly tell Betty how young she looks. Sometimes they tell me, "You look all right, James."

DR. COLBERT: You both look all right. You have at least another 20-25 years -- or 30!

JAMES: Well, she does. But the thing about it is, you've helped us so much. And you've helped so many of our viewers. I've got to be honest with you, I think this might be the most important book he's written. I believe if -- I started to say if you get it, I believe if it gets you, the truth is God's truth. He didn't just discover truth, it got a hold on him. And that's what happened to me.

It's definitely happened to Betty. It's a beautiful thing to watch. And I've watched it for 65 years. We dated four, been married 61 -- soon 62. She's amazing. What a gift God gave me as a fatherless kid. I want you to get this book. I promise you it will bless you.

Doc, we're doing something that our viewers want. You just quoted about the least of these, the overlooked. "You've done it to me, you've done it to me." In another place he said, "And you are my sheep." If you want to know who the sheep of God are, they help the least of these. They help the overlooked.

We've drilled 8,000 water wells. We're trying to drill hundreds more. We drill them one at a time. Could you help drill one? Would you help drill one? If you give \$100, we'll gladly send

you this book. And we have the beautiful bronze. Could you give a well? Could you give \$1200 toward the well?

We've got the "Lion of Judah" bronze that has the cross, and the cross is what makes this lion the lion that protects the family. He is "The Lion of Judah" because of the shadow and the power of the cross. I'd love to send it to you. Please help us.

Would you make the gift God puts on your heart? Get your bank card, use it like a check. Dial that number, people are calling to get the book, perhaps, or to have prayer to come to Christ and somebody tells them how to know Jesus. Call that number or go online with that bank card and use it like a check. That's how you should always use a bank card, like a check. You write a check and make it to *LIFE*. That's what we're giving.

Please do it right now. Please help us drill more wells. Thank you so much for doing it. Thank you for watching *Life Today*. Thank you for sharing *Life Today*. Thank you for making the gift God puts on your heart right now.

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: Millions of people have gotten Dr. Colbert's books and they've gotten a lot of help -- lots of help. Millions of them have gotten help watching *Life Today*. He loves to come here. We love him. He's helped us. He's helped our family and our friends and our viewers. I think this might be the most helpful of anything he's offered, and that we've offered from Dr. Colbert. Maybe equal to anything we've ever offered.

You do know that we come into your home every day because we love you, as much as we love anybody we give water or food to. Yes, we do love you that much. That's why we try to bring you the best. We want to meet you at the area of your need where you're thirsty and you're hurting. This will meet you there. It will help you lift a lot of other people out of their pit of despair or defeat.

Doc, you know we love you and Mary. We love you for everything you do.

DR. COLBERT: Likewise.

JAMES: We love your ministry. We're glad that you come to our area and have your own practice right here as well as in Florida. Two needy states you're just trying to help. Thank you.

Thank you for watching *Life Today*. Glad to send you the book. Please pray for the church. Pray for the nation. Pray for the church to inspire the nation to love one another because they first loved him and he, above all, loves us. Let him love through you. Thank you!