

GOSPEL TRUTH

NEWSLETTER

FEATURED TEACHING

Harnessing Your *Emotions*



JULY 2025

HARNESSING YOUR EMOTIONS

Living Beyond Feelings

Every one of us has been through something hard. Maybe you've dealt with rejection, abuse, loss, or just the everyday struggles of life. Whatever it is, here's the bottom line: you have a choice in how you respond. I know that's not what a lot of people want to hear. It's easier to blame somebody else and say, "Well, if this person hadn't done that," or "If I hadn't gone through this, I wouldn't be the way I am." You may not have chosen what happened to you, but you do get to choose how you deal with it.

Don't Give Away Your Authority

You've probably heard that old saying "The devil made me do it." That might get a laugh, but scripturally, it's not true. The devil can't make you do anything. He's got zero power unless you yield to him. That's why blame is such a dangerous trap. When you blame someone else or your circumstances, you're basically saying, "I'm powerless." But if you're born again, that's just not true. You've got the resurrection power of Jesus living on the inside of you. You've got the same authority Jesus had when He walked the earth.

You don't have to let your emotions dominate you. You don't have to live under the weight of your past. God's given you everything you need to walk in victory—you just have to choose to use it.

Psychology Can't Fix a Spiritual Problem

Now, I'm not against counseling or psychology altogether. There are some things in the natural realm that can help people. But the word *psychology* comes from the Greek word *psyche*, meaning your soul—your mind, will, and emotions. And that's as far as psychology can go. It doesn't touch your spirit. And the real you is a spirit.

When you got born again, it wasn't your body or your emotions that changed—it was your spirit. That part of you was made completely new: perfect, righteous, and holy (Eph. 4:24). But if you don't renew your mind to what's already happened in your spirit, you'll still live like the old you—even though that old man is dead and gone. So if you try to deal with deep emotional wounds just by talking them out or analysing them, you're not getting to the root. The only thing that can truly set you free is the truth of God's Word.

Look at the man in Mark 5 who lived among the tombs. People thought he was mentally unstable, but Jesus cast demons out of him, and he was instantly in his right mind. His problem wasn't psychological—it was spiritual. Jesus didn't counsel the demons out of him—He took authority over them.

Emotions Aren't Evil, but They're Not Meant to Rule

Let me be clear: emotions aren't bad. God gave us emotions. But He never intended for them to run our lives. Emotions are meant to follow what you think and believe—not the other way around. If you think on negative things, your emotions are going to follow. But if you renew your mind to the Word of God, your emotions will begin to line up with the truth.

This is where a lot of people miss it. They think they have to wait until they *feel* something before they act. But faith isn't based on feelings. Faith acts on what the Word says whether you feel like it or not. I've had times when I felt discouraged or upset. But I've learned that I don't have to live by those feelings. I can choose to believe what God says, and eventually, my feelings will get in line.

Stop Trying to Fix Yourself

I once knew a woman who'd been through horrible abuse since childhood. It affected her relationships and self-worth for decades. After she got born again, she eventually stopped the destructive behaviour, but she did it through sheer willpower—not because she believed what God said about her. Deep down, she still saw herself as damaged. That's the danger of trying to fix yourself in your own strength. You might manage the pain for a while—but without a revelation of who you are in Christ, you're not truly free.

Who You Are in Christ

When you know who you are in Christ, it changes everything. You're not a victim. You're not broken. You're not a prisoner to your past. You are the righteousness of God in Christ (2 Cor. 5:21). You are a new creation. You have the mind of Christ (1 Cor. 2:16). That's not just positive thinking—that's the Word of God!

You've got to renew your mind to that truth daily. Romans 12:2 says not to be conformed to this world but be transformed by the renewing of your mind. That's how you start walking in the freedom that's already yours in the Spirit. You don't need more self-esteem. You need Christ-esteem. It's not about how awesome you are—it's about how awesome He is in you.

You Get to Choose

When it comes down to it, you have a choice: you can stay a victim of your past, or you can believe what God says about you and start walking in victory. I'm not saying it's always easy—but it is simple. Freedom begins with one decision: choosing to believe God's Word over your emotions.

CHECK OUT THIS MONTH'S FEATURED PRODUCTS!

See the enclosed order form for more details.

I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.

Deuteronomy 30:19

To help you get started, I'm offering my booklet *Introduction to Harnessing Your Emotions* as a free gift this month. And if you want to go deeper, my full teaching series—*Harnessing Your Emotions*—has much more detail about how your thoughts and feelings can work for you instead of against you. It's available as a book or in CD, DVD, or USB format. To order, visit awme.net/emotions, call our UK Helpline at +44(0)1922 473 300, or complete and return the **enclosed form**.

We love you,

Andrew and Jamie



EVERYDAY ENCOURAGEMENT FROM CHARIS INSTRUCTORS

Does Science Disprove God? Not Even Close.

For years, I've trusted God's Word because it's always been enough for me. Raised in church, I believed the Bible early on, and I've never needed more proof than what's written on those pages.

But I realise that not everyone's story looks like mine. Maybe you—or someone you care about—is asking deeper questions: "Is there really a God?" "Isn't science supposed to have all the answers?"

The Bible doesn't shy away from those questions—it opens with a bold, foundational statement:

In the beginning God created the heaven and the earth.

Genesis 1:1

The only reason that verse isn't universally embraced is because God is invisible. We can't find Him under a microscope or see Him through a telescope.

It's become common to think that people who believe in science can't also believe in God, but consider this quote often attributed to Louis Pasteur: **"A little bit of science leads people away from God, but a lot of science leads them back to God."** Some in

Greg Fritz, a graduate of Rhema Bible Training Center, has been spreading the good news of the Gospel for over thirty-five years. He has ministered the message of grace and faith in over twenty-five nations, sharing the love of Jesus. He resides in Tulsa, Oklahoma, with his wife, Carol.



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the scientific community show a bias against the existence of God, but that bias isn't based on science itself. The Bible doesn't refute science. In fact, there's no contradiction between science and a biblical worldview.

If you ask an atheist how the universe came to be, you might hear them say something like, "There was a chance explosion out of nowhere, and through this 'big bang,' the universe was formed and began to expand in all directions." But this explanation leaves some important questions unanswered: Where did the explosion come from? What caused it? What's the scientific explanation for an explosion with no apparent source?

As Christians, our answer to those same questions is simple and shares none of the holes found in the secular theory: God created the heavens and the earth. The idea that something came from nothing is indefensible. Believing that God created everything answers far more questions than it raises.

In a world full of questions, God offers the most reasonable answer. There's more to life than what we can see and test. If you have any doubts, I encourage you to consider where you're placing your faith. Is it in randomness? Or in the God who made you, knows you, and wants to be found?

YOUR IMPACT IN ACTION

Campus Life: A Community of Faith

What happens when young women are surrounded by faith, friendship, and the Word—all under one roof? **Transformation.**

For many Charis students, stepping out in faith to attend Bible college means leaving behind everything familiar. It can feel overwhelming, even lonely. But thanks to partners like you, our all-female dorm, Grace Hall, is more than just a place to stay—it's a home where girls grow, connect, and thrive.

Thanks to our partners, even more students are diving deeper into the Word and being nourished spirit, soul, and body.

Visit awme.net/give/our-partnerships and visit USA Foundation Builders Partnership to sow into this vital work!



Grace Hall offers comfort and convenience in one welcoming place. Suites include kitchenettes—perfect for making coffee and late-night snacks—along with laundry facilities, parking, and access to the Charis Kitchen for prepared meals. Every detail helps create a setting where students can thrive.

Because of your support, girls can study the Word every weekday morning in class, sip hot chocolate with new friends, share testimonies over tea, and stay up late dreaming with God. You've made room for them to be here—literally.

This past school year, each Grace Hall resident attended Charis day school from 8 a.m. to noon, but the learning didn't stop when they left the classroom. Many also served in internships, sang in the choir, volunteered, or worked part-time.



Their days were full of purpose, and their dorm life nurtured both growth and community—Bible reading on the couches, ping pong in the common room, volleyball, hiking the campus trails, and meals shared with laughter and gratitude.

Over the course of the year, Resident Advisors made dorm life even richer by planning activities like:

- **Craft Nights** – Residents learned how to embroider, knit, and crochet
- **Tea and Testimonies** – A special time of fellowship to share what God was doing in their lives
- **Vision Board Night** – Inspired by Andrew's teaching *The Power of Imagination*
- **Christmas and New Year's Celebrations** – Complete with music, cookie-decorating contests, sparkling cider, and festive joy

Resident Life Manager Leila shared that the year was a beautiful season of spiritual and personal growth—a great experience overall. Her team feels blessed to have been a part of it and is excited to see this continue as even more dorms are built!

Grace Hall allows students to experience Charis life in a peaceful, home-like setting—where they draw closer to the Lord and to one another while investing in the future.

And it's all happening because of your generosity. You're building more than buildings—you're building up disciples.

FROM THE HEART OF OUR CONFERENCE SPEAKERS

Red, White, and Bold: Faith Was Never Meant to Be Silent

Many believers today hesitate to engage with politics—viewing it as divisive or even unspiritual. But at last year's Truth & Liberty Conference, political strategist Luke Ball offered a compelling reminder: disengagement from government is not what Scripture models. In fact, throughout the Bible, God repeatedly placed His people at the centre of power to preserve life and shape the destiny of nations. Consider these examples:

- **Joseph** rose to become Egypt's equivalent of prime minister, positioned by God to prepare for famine and save millions (Gen. 41:56–57).
- **Esther** became queen and stepped into the royal courts *"for such a time as this,"* risking her life to rescue her people (Esth. 4:14).
- **Daniel** served under wicked rulers, yet stood firm, spoke truth, and brought God's wisdom to Babylon's government (Dan. 1:20).

These weren't accidental placements—they were divine assignments. These individuals were placed in governmental systems where their influence altered the course of nations. **And God is still doing the same today.**

Luke highlighted that many in government reject truth for personal gain or popular opinion. He recalled a chilling conversation with a Capitol Hill leader who admitted his morality was based on whatever those in power agreed upon. This is a sobering reminder of the spiritual battle happening behind the scenes in Washington, DC. Without a moral anchor—God's truth—governments can justify anything.

As Christians, we hold the truth and have biblical authority to be involved in politics. We're called to protect the values we cherish—unborn children, religious liberty, and God's design for family.

So the next time you're tempted to disengage, remember: just like in biblical times, God is still calling His people to take a stand. When Christians bring truth into the halls of power, we push back darkness.

Pontius Pilate once stood before Jesus and asked, *"What is truth?"* (John 18:38). But in the midst of politics and pressure, Pilate couldn't see the Truth standing right in front of him. That same question echoes in our culture today. But we know the answer, and we will point this nation back to the cross—our true foundation.

So when the world asks, *"What is truth?"* we pray they find it—not just in our words, but in the lives and leadership of those God has placed in government.

Whether you're voting, serving, running for office, or encouraging someone who is, *you have a role to play.* Don't grow weary or tune out. Come to the Truth & Liberty Conference and get equipped, strengthened, and stirred for what God may be calling you to do.

Join us
September 11–13
for the Truth & Liberty
Conference. Visit
TruthandLiberty.net
/conference
to register today.



Luke Ball is a Republican political strategist, CEO of Masonboro Strategies, and a *VICTORY News* contributor. He has served as a congressional staffer, campaign manager, and spokesperson for President Trump's rallies. Luke has advised numerous political candidates, and his commentary has received national attention—earning praise from conservative voices and criticism from the left.



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BIBLE QUESTIONS AND ANSWERS

With Andrew Wommack

Seek God with All Your Heart

Question: What does it mean to seek God with all your heart?

Answer: It means that as long as you can live without knowing God's will, you will.

After Moses asked God to show him His glory, the Lord told him He couldn't, or Moses would die. Then God reassured him by saying He would go with him and guide him. But Moses responded that he wasn't going anywhere unless the Lord went with him (Ex. 33:13–15).

You must get to the place where you say, "God, I'm not living this life any longer without knowing You." That's what it means to seek God with all your heart.

Surrendering Your Desires

Question: How do we surrender to God and still believe His promises when there appears to be a delay?

Answer: I'm in that process right now, building out a billion-dollar Bible college campus. We've started the dorms and have already invested \$30 million in them. For fall 2024, I wanted two dorms completed, but we only got one done. When I haven't seen the fulfillment of what I'm believing God for, I recall past victories—times when things didn't work out immediately, but I just stuck with it and God came through. It may not be on my time frame, but it always works.

The truth is, I love God more than I love what He's told me to do. And if I never saw those things come to pass in my life, I'm going to keep loving God and rejoicing. If a person is so fixated on getting their goal that they can't live without it, I'm not sure that God gave them that goal.

I remember a famous person who once said they would just die and go home to be with the Lord if they couldn't finish their building project. They didn't see how life could exist without building that building. That's way out of balance.

I've got a vision to see these things happen, but you know what? I'm happy with the Lord right now. And if He told me, "You took a word and made a paragraph out of it—this is more than what I have for you," I'd be fine with that.

Explore more biblical wisdom from Andrew and other inspiring Bible teachers on **GTNTV.com**—absolutely FREE, made possible by our incredible partners!



MORE THAN CONQUERORS

Imagining the Impossible: A Mountain Biker's Healing Story

Have you ever planted a seed of hope in someone's heart? If you partner with Andrew Wommack Ministries, you've been doing just that—touching lives like Richard and Stephanie Calhoun's in ways that are truly life-changing.



Richard was an active hiker and mountain biker until a diagnosis of advanced pancreatic cancer turned his life upside down. Suddenly bedridden and in constant pain, he found that treatments like chemotherapy only seemed to make things worse. "If things kept going the way they were going, I was going to be dead in three days," Richard said. Yet despite the grim prognosis, both he and Stephanie knew that God wanted him well—they just needed to know how to put their faith into practice.

"We said we had the faith," Stephanie shared, "but we needed to truly believe it—to get it from our heads to our hearts."

In a desperate search for hope, they started listening to various teachings. When they encountered Andrew Wommack's *The Power of Imagination*, the path to healing became clear. While Richard lay on the couch, unable to move, Stephanie began receiving vivid visions of Richard riding his mountain bike on the

trails, completely healed. "God was showing me to have hope and believe that what He had told us was coming to pass," Stephanie said.

She shared the vision with her husband, and together they chose to take hold of God's promises. Through the power of imagination, they began to see Richard's healing in their hearts, even when they couldn't yet see it with their eyes.

Less than a year later, Richard made a full recovery. Stephanie witnessed the vision God had given her come to life. "It was the same clothes, the same sky, the same trees, the same trail," she said, describing how the vision came to pass exactly as she had seen it.

Richard and Stephanie's search for hope revealed a powerful truth: Jesus had already done everything needed for Richard's healing. All they had to do was get an image of that healing in their hearts and receive it.

For as he thinketh in his heart, so is he.
Proverbs 23:7

Quotes edited for length and clarity.

Thanks to our partners, we're able to share testimonies like Richard's and provide life-giving resources completely free. Watch the full story here awmi.net/HealedCancer for more inspiration!



REAL LIVES, REAL STORIES

Jesus Meets Every Need

But my God shall supply all your need according to his riches in glory by Christ Jesus.

Philippians 4:19

Jesus Already Did It

For months, I had a severe rash on my back, arms, and legs. I tried everything, and I was praying, but it only got worse. The itch was relentless. I was shy about calling the Helpline, but one night I finally did. Lynn—a very kind and truly Spirit-led prayer minister—prayed over my body and took authority over spiritual attacks. The next day, it was worse. I spent nearly every moment saying, “No! I am healed. I am standing in agreement for that healing, and it is done. Jesus already did it!” Two days later, I woke up to find that all the sores had closed, the itch was completely gone, and the spots looked like they had been on the mend for weeks—even though it had only been a matter of days. Thank You, Jesus!

— Cody B.

Disease and Depression Defeated by the Word

I thank God for the Gospel truth being taught at Andrew Wommack Ministries. Through these teachings, I received complete healing from what doctors called an incurable blood disease. I was also delivered from severe depression and completely transformed by the Word of God. What is impossible with man and science isn’t impossible with God. Now I live to know Jesus more and more and to make Him known all the days of my long, glorious life on earth. I don’t just live for Jesus Christ—He lives through me. Hallelujah!

— Zia H.

Do you have a testimony? Visit our guestbook to share it with us!

awmi.net/guestbook

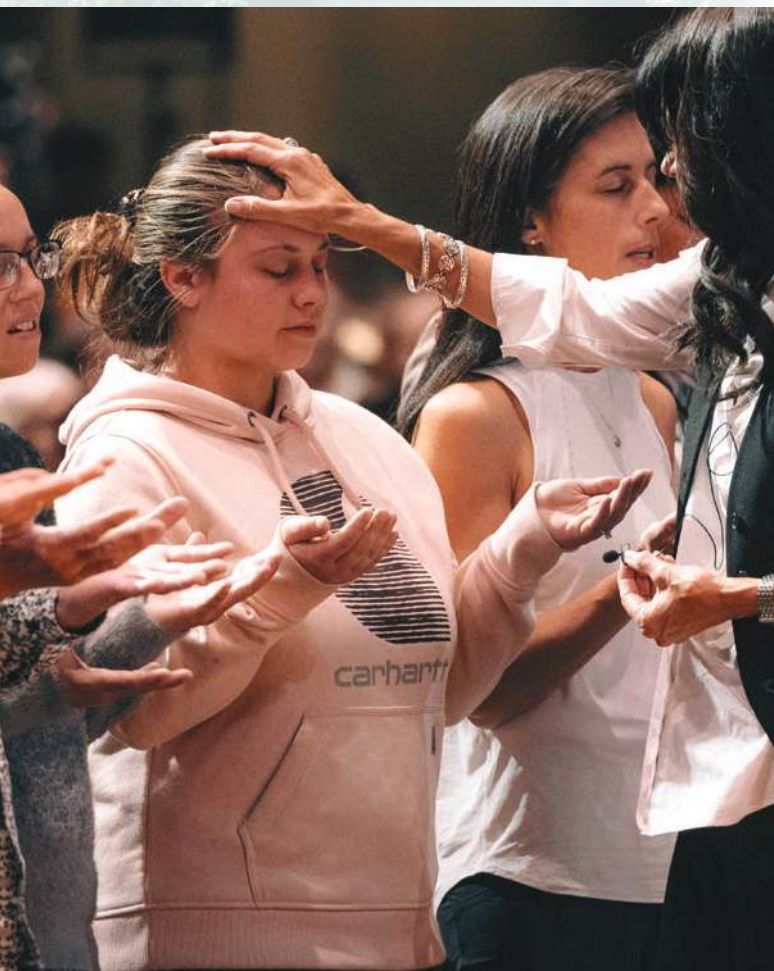


No Surgery Needed

In 2023, my daughter blew out her knee. We called the Helpline and received prayer, but weeks later, the injury remained. Doctors recommended an MRI, and for some reason, we felt led to follow the medical route. The MRI showed severe damage. One surgeon sent us to another, until finally, we sat in a room listening to a surgeon say she needed surgery with cadaver replacements. I asked my daughter, “Do you want to stay here or walk out believing you are healed?” She declared, “Walk out!” So we did, and she’s been walking in full healing ever since! She now runs daily, hikes mountains, works out, and is very active—all fully healed!

— Amy S.

Testimonies edited for length and clarity.



BEHIND THE BROADCAST: GTN SPOTLIGHT

Faith, Foundations, and High Heels: A Candid Conversation with Carrie Pickett



of the messages that poured out of her then are the same truths she shares now. “It was such a huge part of my calling that prepared me for my role on *Life Foundations*,” she reflects.

The Secret Ingredient for Every Episode

Every episode begins with one thing: surrender to the Holy Spirit. Carrie doesn’t approach her show with prepackaged sermons or bullet points. Instead, she starts with a theme and then writes out a long list of Scriptures.

“I sit down and just take two verses and start teaching on them,” she says. “I let the Holy Spirit totally teach whatever He wants in each episode.”

And that, she says, is what makes it so rewarding. She walks away blessed, amazed at how the Holy Spirit weaves two or three points into one powerful lesson. What could happen if we all approached our daily lives with the same openness?

Carrie’s heart for her viewers is simple: she wants people to know that God’s Word isn’t complicated. “Religion makes things hard. Ignorance makes things hard,” she says. “But I just pray they see how simple God’s Word is.” Her prayer is that every episode feels like a custom word from the Lord for each viewer, in that moment. “That’s what I hope they take away from it—that it’s not for their neighbour, it’s not for later on—it’s for them today, right now.”

The Joy of Teamwork

Carrie can’t say enough about the GTN production team. “They are so hard-working,” she says. “They’re passionate about using their gifts to bring the Word to people’s lives.” Whether it’s editing, lighting, makeup, or filming—everyone brings excellence and heart. “We’re always laughing and teasing each other—it feels like a real family unit,” Carrie shares.

GTN programs cover everything from healing to finances to teen girls’ issues, each one revealing how the Word works in every sphere of life. “It’s *real* people, with *real* stories, showing how the Word has worked in their lives,” she says. “We’re not meant to be compartmentalised. The same Word that speaks to

If you’ve ever tuned in to *Life Foundations* on the Gospel Truth Network (GTN), you’ve likely experienced the gentle power of Carrie Pickett’s teaching. With her down-to-earth style and Spirit-led messages, she makes the Word of God feel personal, relatable, and life-giving. But what you see on screen is just a glimpse of the heart, history, and humour behind the scenes. In this special article, Carrie pulls back the curtain on her life, her process, and the joy of doing ministry in such a dynamic way.

Long before *Life Foundations* aired its first episode, God was already preparing Carrie. While serving in Russia, she learned how to teach across language and cultural barriers. That season of her life and many

your calling also speaks to your business, your kids, your emotions,” she explains.

Laughter, High Heels, and Power Naps

On longer filming days, she sometimes squeezes in a quick power nap to recharge. And here’s a fun detail: “We always have people who will call the prayer line and ask where I get my high heels. Miss Elizabeth is very focused on making sure people see my shoes,” she laughs.

Balancing multiple roles at AWM and Charis while filming a full season of shows each month is not for the faint of heart. Carrie admits it’s a learning process. Studying often happens early in the morning, late at night, or on weekends. And she’s very intentional about prioritising time with her husband and children, maintaining her health, and getting enough rest. Thankfully, she’s also learning to delegate some of her other responsibilities to

Are you ready to invite God’s Word in and let it change you from the inside out? Watch Carrie’s show, available on Apple TV, Roku, Fire TV, iOS, Android, Comcast/Xfinity, or directly on our website at

LifeFoundationsGTN.com.



trusted team members. “The more I do with GTN, the more I’m finding amazing people to hand things off to,” she says with gratitude.

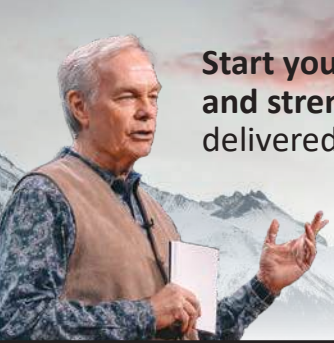
And One Last Surprise . . .

If you think Carrie is always serious and composed, think again! “I’m constantly telling myself to be mature,” she laughs. “Because I can have a really weird sense of humour, do silly accents, and tell strange stories!” But it’s that playful, authentic side that makes Carrie so relatable—and why her viewers keep coming back. She’s not just a teacher on a screen; she’s a real person, letting God work through her.

Whether you’ve caught every episode of *Life Foundations* or have just come across it recently, Carrie wants to help you build your life on the unshakable truth of God’s Word. “Taking time to put the Word of God in is the investment that will bring lasting dividends into your life,” she says. “If you can make time for the Word, hide it in your heart, and invite it into every part of your life—knowing how much He loves you, who He is in you, and how He sees you—you’ll be able to walk in your calling and destiny. That’s what I pray people surrender to.”

Quotes edited for length and clarity.





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19 JULY

CHARIS DAY

LOCATION: DUMFRIES, EXETER, WALSALL,
YORKSHIRE

15 - 16 AUGUST

SUMMER SCHOOL

LOCATION: WALSALL

2 AUGUST

SUMMER SCHOOL

LOCATION: YORKSHIRE

2 - 3 SEPTEMBER

OPEN DAYS

LOCATION: WALSALL

9 AUGUST

SUMMER SCHOOL - DUMFRIES, EXETER AND
YORKSHIRE

6 SEPTEMBER

OPEN DAYS

LOCATION: DUMFRIES, EXETER, WALSALL,
YORKSHIRE

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STUDENT INTAKE

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