

Emotionally Free

GOD IS NEAR; GIVE HIM A CALL BY RITA BENNETT

The Beatitudes Jesus taught are now famous. They are the beginning of a five-part sermon Jesus gave to His followers as He prepared them to lead a Spirit-led life.

I think the Beatitudes are even more valuable for His followers today than they were 2,000 years ago because we now have a clearer picture of the value, need, and progression of His message.

For instance, no Believer can fully obey God without the power of the Holy Spirit indwelling and filling him or her. Before Jesus' ministry was over on earth, He kept hinting at the fact that, "It is expedient for you that I go away: for if I go not away, the Comforter will not come to you; but if I depart, I will send Him to you" (John 16:13 NJV mod.).

"And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which He said, you have heard from Me ... You will be Baptized with the Holy Spirit not many days from now" (Acts 1:4, 5b NKJV).

Jesus' eight-point Beatitudes Sermon has rich teaching for the Believer who has experienced the power of the Holy Spirit dwelling within and as an artesian well overflowing to others.

The main theme of the Beatitudes is that "God is at hand" He is not far away, but you must call upon Him to connect with Him.

The Second Beatitude

I want to speak to you at this time about the second Beatitude which is:

"Blessed are those who mourn for they shall be comforted," (Matthew 5:4).

You may ask, "How can mourning be a blessing from God when mourning is an outward expression of sadness and sorrow?"

The Bible speaks of individuals who have over the years hardened their hearts to God. Apparently people can go too far as Hebrews 3:13 says, "... But exhort one another daily, while it is called 'Today,' lest any of you be hardened through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end" (NKJ).

Just think how awful it would be for an individual to continue breaking the moral laws of God, and live a life of carnality for decades. There may come a time when that person is so hardened that he cannot mourn and repent from his or her sinful life. We see here that mourning and repentance are gifts.

Bible Study and to pray. A great Christian and close friend of mine had just died. I wasn't sleeping well because I was not sure of my own salvation, should my life be shortened such as Gail's.

The leader asked if I would like to be prayed for. I was in need so I knew I should say, "Yes."

Fear, anger, depression, childhood trauma, abuse, our own secret sins ... thousands of people walk in numbness—surpressing a lifetime. But for the Christian, it doesn't have to be that way. Christ can set you emotionally free, now and forevermore!

Rita Bennett gently leads you through a series of real-life examples, checklists, and personal evaluations as you find the source of your pain and relinquish it to God who desires to heal you, so that you may have life more abundantly.

REGISTER TODAY TO ATTEND

Rita Bennett's

2008 EMOTIONALLY FREE COURSE

BASIC & ADVANCED NATIONAL SEMINARS

July 13–19 ♦ Embassy Suites, Lynnwood, WA

SEE ENCLOSED FLIER & REGISTRATION

Our past is not as important as our life is now and our life at our end. How you began your spiritual race is not as important as how you complete it.

Mourn and Repent

Have you ever seen individuals mourn for their sins? Have you ever mourned for yours? I have.

In my twenties, I was a Sunday go-to-church believer most of the time, but I was not being fed spiritually or growing. During the spiritual famine of my university years, I was slowly falling away from my childhood faith.

Several years after my graduation, I was invited to a home where people gathered together to have

Several people gathered round me to join in. Not long after, I began to weep many tears as I realized I had ignored my "first love" – Jesus. (Revelation 2:4) I had not retained that strong and ardent affection for God that I had from the age of nine to thirteen.

I could have been embarrassed but the tears felt so good and cleansing.

I mourned and repented for my sins, and I also mourned the death of my dear friend, Gail.

All I can say is that my life has never been the same. Since my spiritual renewal and new anointing with the Holy Spirit, I fell in love with Jesus Christ more than ever before. That love continues to grow. (continued on page 2)

FROM RITA'S HEART

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MA Graduation: It is going to happen. Yes, I'm going to receive my Master's Degree in Marriage and Family Therapy from Bastyr LIOS University June 23rd, 2008 at the Seattle Center in Washington. Friends will be joining me to celebrate.

I am very thankful to God and excited for being given this opportunity of advancing my learning and leadership capabilities in the field of Counseling.



THE EMOTIONALLY FREE COURSE NATIONAL SEMINARS

July 13 through 19, 2008 is our Emotionally Free Course Basic and Advanced National Seminars. This is our 27th year presenting The Emotionally Free Course National Seminars in Edmonds. With all the students and teachers training here in Edmonds and in other states: Florida, Virginia, Pennsylvania, Ohio, and Africa, thousands of people have been healed and have been teaching others in many parts of the world.

We are moving to a new and easier location this year where everything is contained in one building – the Embassy Suites Hotel, 20610 – 44th Avenue West, Lynnwood, Washington 98036. They have a Tully's Coffee there, swimming pool, remodeled rooms, and good food. The enclosed flier gives many more details.

• **Seminar Teachers are:** The Rev. Mike Messina from Florida, Rev. Dr. Bruce Makowski from Oregon, guest speaker, James Friesen, Ph.D., from California, and from Washington, yours truly, Rita Bennett, and Alice Rivas. Dianne Herivel, Music and Worship Leader.

Experienced Small Group Facilitators are: Shirley Wilson (National Lead Facilitator), Linda James, Rupert Walworth, Betsy Hood, Liz Glover, Ph.D., Judy Glenn, Dianne Herivel, Sharon Behnke, Mike Messina, Bruce Makowski, Alice Rivas, and Rita Bennett.

• **Embassy Suites Rooms:** Be sure to obtain your room at the Hotel one or two months ahead so you will be assured of a place where the seminar is located. Be sure to say you're with Christian Renewal Association to get the lower rate. There are other hotels for those with cars but it's always best to try to be where the seminar is located.

• **A Recent Phone Call:** I receive wonderful phone calls and emails often. March 18th was the most recent one. Pamela said to me, "Your book *You Can be Emotionally Free* changed my life. It altered my image and perspective of God. I started seeing Him as God who loves me and as One who is actually interested in my life." (Pamela Worth, Montana)

Pamela also followed up reading the book by attending the Emotionally Free Seminars. This is an important one, two step to establish the truths of the book more deeply into our wounded souls.

There are terrible things happening in this fallen world that greatly damage hearts and souls. Wounded people often do not know where to get help and counseling that is safe and life-changing.

Couples need help to learn how to heal one another and to learn problem solving skills for their marriage. Some have never, or rarely, prayed together. Some do not know how to pray for their children nor how to love and bring their children into wholeness.

So many healing miracles happen at Emotionally Free Seminars that the stories could fill thousands of books. Perhaps they're recorded in Heaven's albums.

• **Send a Friend:** If you cannot attend the EF Seminars, consider sending someone you know could benefit. Or better yet, attend, and bring your friend with you.

If you do not know whom to send, please consider becoming a Sponsor by calling our office and tell us how you would like to provide for a participant. We will take it from there and connect you with a deserving attendee. Contact me at the CRA offices at (425) 775-2965, or email me at: ritabennett.cra@gte.net

• **Intercessors Needed:** Those who would like to intercede for us and the upcoming seminars, please contact us so we can put you on our Intercessor List and keep you updated on our personal prayer requests as well.

THANK YOU

I want to take this opportunity to thank you who are monthly pledgers or are one-time givers, or EF Teachers, or purchasers – that truly you are helping to change the world.

Much love from me, my staff, Board and Advisors, Rita Bennett, President/CEO ☐

GOD IS NEAR, GIVE HIM A CALL

(Continued from page 1)

Best Friend:

I believe mourning is a gift and a blessing. Truly I was comforted and Jesus has remained my forever-best Friend.

Jesus is near, He is "at hand" for you too. Try calling His phone number Jer. 33:3 "Call to Me, and I will answer you ..."

While there, ask to speak to my Best Friend. Repent if you need to. Share your heart. Tell Him your needs. You'll be glad you did. If He isn't already, I'm sure He wants to be your Best Friend too.

Jesus says: "Blessed are those who mourn, for they shall be comforted," (Matthew 5:4 NKJV). That is a promise.

(For more on The Beatitudes and Spirit-filled life, visit Rita at www.EmotionallyFree.org, or www.TheEdmondsBeacon.com.) ☐



CRA IS LOOKING FOR YOU

Our Secretarial Assistant position has been vacant for a number of months, and we are unable to proceed without your support to fund this position. Please consider this very special need as you make your charitable gift this month, and throughout the year.

We are also looking for volunteers who have a heart for inner healing ministry, with talents in the following areas:

• **Administrative Volunteers** would be extremely appreciated to do a variety of tasks in the time you have available.

• **Media Volunteer** to help us with equipment especially at the July seminar. A capable person to help us with PowerPoint production would be great.

Thank you for contacting us at your earliest convenience by phone or email with your financial support and/or willingness to volunteer. We love and need you! ☐

News from Christian Renewal Association, Inc. is published four times a year in two newsletters: Emotionally Free, and The Morning Watch edition. Contact Rita Bennett at CRA, Inc. at P.O. Box 576, Edmonds, Washington 98020. Tel: 425-775-2965; FAX: 425-775-2033; Email: ritabennett.cra@gte.net; Website: EmotionallyFree.org. The material published in CRA Newsletters is protected by copyright. Please write for permission to use it. ©2008 Rita Bennett.

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