

The Breakthrough
INTERCESSOR
Summer 2022



Praying the Word

The Magazine About Prayer

FROM THE EDITOR

Faithful Intercessors,

Hello! I'm a new face around here, taking over from Rachel. (She graduated last spring and is moving on to the next thing God has in store for her.)

The theme of this issue is "Praying the Word." Our opening article, "How Scripture Strengthens Personal Prayer," should be an excellent introduction to the practice of praying the words of Scripture, if you are unfamiliar with that discipline. I have found that very often, Scripture aids my prayers. It is so hard sometimes to find words that come anywhere close to expressing the groanings of my soul. But it turns out that David, Isaiah, Jeremiah, and even Jesus himself have felt exactly the same things I have, and aided by divine inspiration, they have recorded those beautifully poetic prayers in words that we can now read and echo. What a blessing!

I hope that the stories in this issue inspire you to incorporate more of God's word into your own prayers. I think you will find that it bears much fruit.

In Christ,

Elyse Burgess

Acting Editor & Designer

The Breakthrough
INTERCESSOR

SUMMER 2022

Vol. 43, Issue 2

Founders Catherine Marshall
Leonard LeSourd

ABOUT US

Board of Directors

Chairman Michael Smith
Vice Chairman Brian Wells
Secretary Diane Atkison
Treasurer Elizabeth Smith
Members Claudette Ammons
Alfred Archer

Staff

Ministry Director Delouis Pace
Prayer Coord. Jeannie Ryan
Facility Care Virginia Payne
IT Support Larry Bohlayer
John Felts
Stanley Milton

Production

Managing Editor Claudette Ammons
Acting Editor & Designer Elyse Burgess

Editorial Committee Jami Dittmeier
Elizabeth Smith
Anna Soltis

Contact

Office Address P.O. Box 121
Lincoln, VA 20160
Phone (540) 338-5522
Prayer Fax Line (540) 338-1934
Email breakthrough@
intercessors.org

- 5 From the Chairman
Michael Smith
- 7 How Scripture Strengthens
Personal Prayer
Edith Marshall
- 10 Gratitude
Leo Cardezz
- 12 Changing
Roy Borges
- 14 Praying Someone Else's
Prayer
Johnny L. Wooten
- 16 Prayers of an Anorexic
Laurie Glass
- 20 Faith As a Little Child
Virginia Lively
- 23 Bible Prayers
Loretta M. Wadsworth
- 25 Till With Him We Will Be
Peter Caligiuri
- 26 God's Perfect Timing
Kathleen Fessler
- 27 Prayers about God's Word

Answers to Prayer
- 28



Our Mission...

Bringing together anonymously those needing prayer and Christians willing to pray for them; calling, equipping and encouraging people for this work.

OUR MISSION

Breakthrough Intercessory Prayer Ministry is here for anyone who wants prayer. Prayer requests may be sent to us by mail, phone, email, fax, or through our website. Your prayer request is sent anonymously to six of our nearly 4,000 intercessors around the world who agree to pray for 21 days for each request they receive. (Prayer requests are identified by first name only, and are never sent to intercessors in the same geographic location as the prayer requester.) You will have your own prayer team of dedicated intercessors holding your needs up before the Lord.

People often report an increased sense of peace during the prayer period. As you read this magazine, you will learn about many prayers that have been answered.

Catherine Marshall was given the inspiration for Breakthrough over 40 years ago. She was a best-selling Christian author who became concerned about the many prayer requests sent to her by her readers. At the same time, other readers were writing to tell her that they longed to be used by God but had no idea what they could do.

God gave Catherine the vision of matching these two groups of people: those with prayer needs and those Christians who wanted to be part of a ministry. Thus Catherine and her husband, Leonard LeSourd, began the Breakthrough ministry.

The 21-day prayer period was chosen based on the story in Daniel 10. Daniel prayed for three weeks before the angel of the Lord was able to come and help him. The angel had been detained by spiritual forces from the first day of Daniel's prayer. Our intercessors may receive scriptural insights from God for the prayer requester. Those messages, in the form of Scripture verses, are sent to the office and then forwarded to the person requesting prayer. In turn, prayer requesters send their answers to prayer to the staff, which are then forwarded to the intercessors as encouragement for their faithfulness in praying.

We want to hear from you. Pray about becoming one of our intercessors. It is a small expenditure of time compared to how greatly it will impact your life and change the lives of others. As you read this magazine, think of your own stories of answered prayer that you would like to share. Our editorial committee will consider them for publication in *The Breakthrough Intercessor*. Remember also to send us your prayer requests. It is our privilege and joy to pray for you.





Dear Intercessors/supporters:

It is truly a privilege to be able to share on a regular basis what we feel God wants us to share. I tend to be a private person by nature, which means I rarely share about myself unless I'm asked or I'm with family and/or close friends.

But we have basic things in common that would make us friends without knowing each other personally. We believe God created each of us in His image, and he is not willing that any one of us should spend eternity separated from him (2 Peter 3:9). So, He sent His son Jesus to die for our sins that through faith in Jesus, we can spend eternity with God. This places us all together in the body of Christ – we are brothers and sisters in the Lord.

All that to say, I'm going to share something personal. I am retiring soon from a job that I have had for thirty-five years, which has prompted me to search for what God says through his Word about retirement.

What does the Bible say about retirement? First, let's address what the Bible says about work, because we leave work to retire. In Genesis 1:27-28 we see that God gave Adam a job with a clear job description - take dominion over all his creation. Work was created before the fall, so we know work is good. Research shows that work is good for our bodies to stay healthy and minds to stay sharp.

But does that mean that retirement is bad? I sure hope not. The only reference I could find in the Bible that addresses retirement is Numbers 8:25-26. The Levites were to retire at fifty. But note that after retirement, they were to minister to their brothers in the Tabernacle by serving as guards. So, they retired to another work—service to their fellow Israelites.

So, we know that work is God's design for us, but retirement is not a sin if we adopt the right attitude about retirement. Instead of quitting it all and moving to Florida or Arizona to play golf and do nothing but serve ourselves, we adopt a mindset of serving others for as long as we can. By serving others, we are serving the Lord, especially when we do it unto the least of these our brethren (Matthew 25:45).

Intercessory prayer is a perfect way to meet God's goal for work while at the same time meeting the Godly purpose for retirement – to serve others. "But Mike, is prayer work? It shouldn't be, should it?" Prayer is a labor of love. It requires time, effort, commitment, and

Continued on page 6...

discipline. Although maybe not taxing from a physical aspect, it takes a mental and emotional effort. Fervent prayer can be draining. You already know this, but it takes effort to pray. It is Godly work.

Further, I'm sure most of you retirees participate in other forms of service through your church and other ministries that have a mission to serve others.

This brings us to Breakthrough. You don't have to be retired to be an intercessor, but what a tremendous opportunity to serve for a retiree. We don't know the specifics of our demographics from an age perspective, but our interaction with our intercessors indicates that a substantial percentage are past 66 or 67, which is the normal retirement age according to the Social Security Administration.

God has called Breakthrough to serve others through making answered prayer possible. You are our partner in conducting our purpose. Thank you for your service and thank you for your continued financial support as well.

BOTTOM LINE: Work is good, and retirement can be good if we repurpose our view of retirement from the world's view of retirement as a reward, which leads to self-service.

We have been blessed by our founders for giving us Breakthrough, which gives us the opportunity to serve the Lord by praying for others.

God bless you all,

J. Michael Smith, Esq

Chairman of the Board



Breakthrough's financial statement is available upon your written request to
The Office of Charitable and Regulatory Programs,
P.O. Box 526, Richmond, VA 23218

LM 89
They did not
The mag
The heavens
Dime
The world as
last four
The north an
sted the
Laker and H
name
Dion had a
Dy hand is
scaled.
Eighty-nine
stated of
ovakindra
There
low blessed
the "You
I LOO, the
countmar
The name
nd by Thy r
alled
or Thou a
strength,
nd by Thy
or our shist
"And our sa
rail.
nce Thou di
godly ones
st date as
one who ra
have exult
people
ave found I
th My holy
th whom "S
laked.
arm also w
e enemy wi
e the son of
I shall trus
him,
d strike tho
d My faith
kindness wi
d in My nar
all also set I
I his right ha
will cry to M
God, and th
to shall mak
highest of
lovingkindn
orever,
them
of the spirit
In the Holy One
image from
ling

They did not scatter Thine enemies with
 Thy mighty arm.
 And My covenant shall be confirmed in
 him.
 29 So will I establish his descendants for-
 ever. Ps. 18:36, 38, 43
 And his throne as the days of heaven.

30 If his sons forsake My law, Ps. 138:18
 And do not walk in My judgments,
 And they violate My statutes,
 And do not keep My commandments,
 31 Then I will visit their transgressions
 with the rod.
 32 And their iniquity with stripes.
 33 But I will not cut off My beloved
 from Me, nor will I alter the utterance of
 My lips.
 35 "Once I have sworn by My holiness,
 I will not lie to David.
 36 His descendants shall endure forever,
 And his throne as the sun before Me.
 37 It shall be established forever like the
 moon.
 38 But Thou hast cut off and rejected,
 Thou hast been full of wrath against
 Thineointed: Ps. 139:20, 28
 39 Thou hast spurned the covenant of Thy
 godly ones.
 40 Thou hast broken down all his walls,
 Thou hast brought his strongholds to
 ruin.
 41 All who pass along the way plander
 him; Ps. 10:12
 He has become a reproach to his neigh-
 bors. Ps. 44:13, 19, 20, 29, 74
 42 Thou hast healed the right hand of
 his adversaries.
 43 Thou hast made all his enemies rejoice
 in his sword.
 44 Thou hast not made him stand in battle,
 And cast his throne to the ground.
 45 Thou hast shortened the days of his
 youth; Ps. 10:25
 Thou hast covered him with
 shame.
 46 How long, O Lord? Ps. 131:14, 24
 Will Thou hide Thyself forever?
 47 Remember what my span of life is,
 For what vanity Thou hast created all
 the sons of men! Ps. 139:17
 48 What can man live and not see death?
 Can he deliver his soul from the power
 of Sheol? (Selah)

How Scripture Strengthens Personal Prayer

BY EDITH MARSHALL

49 Where are The former livingkindred
 O Lord,
 Which Thou didst swear to David in
 Thy faithfulness? Ps. 132:10, 12
 50 Remember, O Lord, the reproach of
 Thy servants.
 How I do bear in my bosom the re-
 proach of all the many peoples.
 51 With which Thine enemies have re-
 proached, O Lord. Ps. 132:10, 12
 With which they have reproached the
 footsteps of Thine anointed.
 52 Blessed be Thy name forever!
 Are Thy works great, O Lord, as Thy
 power is great, O Lord!
 PSALM 90
 "A Prayer of Moses the man of God"
 A Prayer of Moses the man of God
 LORD, Thou hast been our refuge
 place in all generations.
 2 Before the mountains were born,
 Before the hills were ever raised,
 Thou art God, O Lord, from
 everlasting to everlasting.
 3 Thou dost turn man back
 And dost say, "Return to dust."
 4 For a thousand years in Thy sight
 Are like yesterday when Thou
 Or as a watch in the night.
 5 Thou hast swept them away like
 flood, they fall asleep.
 In the morning they flourish like
 grass, which sprouts anew.
 6 In the morning it flourishes
 Like sprouts anew,
 Toward evening it fades, and
 away. Ps. 90:7, Matt. 6:30
 7 For we have been consumed by
 anger,
 And by Thy wrath we have been
 dismayed.
 8 Thou hast placed our iniquities before
 Thee, Ps. 30:21, ps. 10:17
 Which sprouts anew.
 Our secret sins in the light of Thy pres-
 ence. Ps. 10:12, Eccl. 12:14
 9 For all our days have declined in Thy
 fury. Ps. 78:28
 We have finished our years like a sigh.
 10 As for the days of our life, they contain
 seventy years,
 years in them are
 Or if due to strength, eighty years.
 Yet their pride is but labor and sorrow;
 For soon it is gone and we fly away.
 11 Who understands the "power" of "Thine
 anger," (Isaiah 1:11, 28:17)
 And Thy fury, according to our fear
 that is due Thee? (Ps. 139:14)

Several months after my husband
 Peter had accepted the pastorate
 of our second church and we had
 moved to the picturesque village of
 East Dennis on Cape Cod, I was
 invited to come and pick raspber-
 ries in the back-yard of one of the
 wisest and dearest men I have ever
 known. He was the Rev. John Stan-
 ton, retired Presbyterian minister.

Carrying my berry-picking basket,
 I wandered up the crushed-shell
 driveway beside a weathered-shingle
 and rambling house. He was
 sitting in the backyard, a huge
 Bible in his lap, his eyes closed, his
 lips moving. I knew he must be
 praying—except for the fact that
 every once in a while his eyes would
 open to focus on his Bible, only
 to be shut tight in a few seconds.

In a few moments he spotted me out
 of the corner of his eye, and beck-
 oned me over with a warm welcome.

"I don't mean to inter-
 rupt," I apologized.
 "Oh," he chuckled, "I'm pray-
 ing my way through the
 Psalms. It's marvelous!"

As I looked puzzled, he explained
 that because so many of the Psalms
 are addressed to the Lord, they lend
 themselves to being incorporated
 into our own personal prayer lives
 and that he was simply personalizing
 them as his own prayer. His prayers
 were rich as a result—full of praise
 and thanksgiving. And since his
 supplications were prayed according
 to the will of God, he had the assur-

ance his prayers would be answered.

But not wanting to seem super-spiritual, he showed me to the berry patch and set me to work.

Since my prayer life seemed dull at the time, I determined to try Dr. John's approach. The very next morning, with my Bible opened in front of me, I began praying out loud the passages that lent themselves to prayer.

Some Psalms needed very little paraphrasing before they could be my own heart-felt prayer:

“Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from thy presence, and take not thy holy Spirit from me, Restore to me the joy of thy salvation, and uphold me with a willing spirit” (Psalm 51:10-12).

Others could be made my own prayers by switching some wording:

“Lord, you are my shepherd. When you're there I have no needs. You make me still in the inner man and give me peace. You lift up, restore, and heal my soul. Please lead me in your paths of righteousness for your name's sake...” (Psalm 23).

On my next visit to Dr. Stanton's, I shared with him my new-found enthusiasm for praying the Psalms. And I added that certain passages in the New Testament also pointed up my needs. For example:

“Oh, Lord, let me live by the Spirit and walk by the Spirit. Free me from self-conceit. Let there be in me no provoking of another and no envy” (Galatians 5:25).

Or if there was something I didn't understand:



“Lord, how can I work out my salvation with fear and trembling? Is there something I must do or something to repent for. Show me Lord!” (Philippians 2:12).

Dr. John confirmed my experiences thus far, and then taught me about using the Scriptures to intercede for others.

“Do the same things you’ve been doing in praying for yourself,” he said. “But now put the other person’s name in the Scripture passage wherever it’s needed.”

I could do this in the following way:

“Oh, Lord, you who have begun a good work (in Ellen)... bring it to completion (in her)” (Philippians 1:6).

Or:

“Blessed be the Lord who daily bears (Ellen) up. God is (her) salvation. Our God is a God of salvation, and to God, the Lord, belongs escape from death” (Psalm 68:19-20).

I found that on nearly every page of the Bible, there was a phrase or a sentence that I could turn into a prayer for someone else. There were also Scriptures with promises I could claim for other, that could be turned into prayers:

“Oh, Lord, as (Ellen) passes through the waters and rivers, be with her, that they not overflow (her). Keep her from being burned by the fire” (Isaiah 43:2).

“As (Ellen) walks through this affliction, work in her a far more exceeding and eternal weight of glory” (1 Colossians 4:17).

Another example:

“Cause (Ellen) to wait for you that (her) strength might be renewed. Then she can mount up with wings like eagles, she can run and not be weary, she can walk and not faint” (Isaiah 40:31).

What a wealth of resource and inspiration for prayer is available, when we but open His Word.

This article was taken from the fourth issue of the second volume of The Breakthrough Intercessor, published September 1982.



ABOUT THE AUTHOR

Edith was Catherine’s daughter in law and involved with Breakthrough alongside her husband, Peter Marshall Jr.



Gratitude

LEO CARDEZ

Prison life has beat the hellion out of me. It has helped me to learn not to be hard headed when God is trying to teach me something. For these lessons, I thank God.

Life is a painful struggle, but only the dead need not struggle. For these struggles, I thank God.

Trials and tribulations that have made me stronger and when that pain mysteriously turns into beauty. For the trials, tribulations and pain, I thank God.

When I can use my strengths to help others who are going through what I have endured. For what

good is being strong unless it can be used to help the weak? For these opportunities, I thank God.

Honest friendship, deep conversation, and a good laugh even in the midst of chaos: I thank God.

The opportunity to focus my energy into making needed changes in my thinking; that even behind these bars, I can make a positive shift in my outlook. For these changes, I thank God.

Food, water, and shelter—for these basic necessities who so many lack, I thank God.

For getting into shape and living a healthier lifestyle removed from my addictions, I thank God.

For all those who go out of their way to make things harder than they need to be; all the inmates who whine and complain about anything and everything; for all the friends and family who turned their back on me in my darkest hour and chose hate instead of love, anger instead of compassion, animosity instead of understanding,

and rancor instead of forgiveness, for all the frustration that comes with a life lived inside a concrete jungle on the fringes of society, all which drove me to do what I didn't before: give my life to Jesus Christ. For all these people, I thank God.

For this soul-saving intervention that has opened my eyes and heart to the importance of real family, loyal friends, unflinching love, and to the God who made it all. For all of this, I will forever thank God.



ABOUT THE AUTHOR

Leo Cardez is an award-winning inmate essayist and playwright. A 2021 pushcart prize-nominated finalist and PEN merica Drama Award winner. Mr. Cardez is a proud first-generation Latino, decorated veteran, devoted Christian, and is passionate about using his voice to uplift his shadow inmate community. He can be reached at leo.cardez.writer@gmail.com.

A black and white photograph of a monarch caterpillar on a leaf. The caterpillar is positioned on the right side of the frame, crawling across a large, textured leaf. The background is dark and out of focus, showing more leaves. The overall mood is contemplative and natural.

Changing

BY ROY BORGES

It was Christmas Eve 1989 and I was in the Dade County Jail when I asked Jesus Christ into my life. I will never forget that day. Nothing has been the same since. I was at the bottom of the pit with nowhere to go but down. Then I discovered that when you ask God into your life, He changes you. His Holy Spirit lives in you and the things you used to do you no longer desire to do. Now you want to please God and do the things that please Him. He is changing you into the image of His son. Your life now has meaning and purpose. God loves you and He wants to change you into the image of His son.

That's what happened to me. God changed my life. In 1989 I was arrested for violating my parole and robbery. My parole was violated because of the robbery charge. But it wasn't really a robbery. I stole a pair of jeans and wore them out of the store underneath my pants. The security guard chased me to my car and said that I deliberately

hit him with the car. That turned a shoplifting charge into a robbery charge. A jury believed him and found me guilty of robbery.

The judge declared me a habitual offender and sentenced me to 45 years in prison. It was my third time in prison. I was 41 years old. Did I believe God could change me? Would He give me the power I needed to resist the temptations I faced in my life every day in prison? God was restoring me.

In Psalm 51 David writes about God's restoration. He acknowledges his wrongdoing. He knew that his actions had hurt many people. But because David repented, God forgave him. Do you feel that your sin is too great to be forgiven? I did, but God can forgive any sin, although He cannot always erase the natural consequences. David's life and family were never the same as a result of what he had done.

If you feel that your sin is

too great to be forgiven, remember something:

1. God's forgiveness is based on Jesus' merit. (He is Holy, perfect, and without sin!)
2. God's forgiveness is complete when Jesus died for our sins (He died for all of my sins, even tomorrow's)
3. God's desire, His longing, His joy is to see a life restored.
4. When God restores me I am better than new! When I was a boy working in my father's body shop I restored cars; the goal was to make

them look better than new. That's what God wants to do for me now! He can do that for you too. All you have to do is trust Him. He can change you. He can turn what was meant for bad into good. He turned 31 years in prison that was meant for my bad into good. Now He is using me for His purposes, it is so unbelievable but every day he blesses me with things I never imagined. Yes, God is good and He wants what is best for you and me. He can change the impossible into what you never could have imagined. Trust and obey Him and watch Him change your life into something unbelievable. The change will amaze you and you will be forever grateful.



ABOUT THE AUTHOR

After over 30 years in prison, Roy's prayers were answered and he was released in 2021. "God got me out of prison so I could be used out here. I am writing stories and articles. I plan to go to many churches and tell them about the things He did for me in prison and what He is doing now."





Praying Someone Else's Prayer

BY JOHNNY L. WOOTEN

Because of obvious reasons they had transferred me from the county I was arrested in, the one I resided in for almost twelve years, to the county just to the north. After being arrested two days earlier, I was placed into another holding cell before being booked in and placed in a twelve-man tank. The holding cell was cold and sterile, void of anything besides a toilet, sink, and cold concrete bench. I was broken and felt God didn't love me anymore. I needed to hear those words from him, but just like a child after disappointing their parent, I didn't know what to say or where to start. As I sat down on the concrete bench, I just happened to look to my right

at the wall where it was written in pencil. I'll remember it forever.

"Teach me, O Lord, to know your ways.

I don't know where you are taking me,

But I am sure you know the destination."

I can't tell you who wrote it there, neither can I tell you how long it had been there. But it seemed like it was written just for me. It has been such an encouragement to me for the last ten years and I'll never forget the words. It would be over a

year by the time I really got to study and look into that prayer and what the Bible says about it. I found in the Psalms there were many times it was stated, “Teach me, O Lord, to know your ways”. Two Psalms in particular really stuck out to me.

In Psalms 25:8-9 (NET) it reads,

“The LORD is both kind and fair; that is why he teaches sinners the right way to live. May he show the humble what is right! May he teach the humble his way!”

God had truly been both kind and fair to me. By sentencing me to the rest of my life in prison he allowed me to learn the right way to live. I would be able to learn how he wanted me to live out the rest of my days. A gentleman who would come to the county jail on Thursday nights to visit me said, “Johnny, God doesn’t care if you’re in prison for the rest of your life. He cares about you fulfilling HIS purpose in your life, wherever that may be.” It was a shocking reminder of the Lord’s Prayer and how we should pray for His will to be done and not our will (Matt. 6:10).

I can still see that holding cell just as clear today as it was ten years ago. I could point you to the exact spot on the wall where someone leaned, with pencil in hand, writing a prayer which would be eventually prayed by other people, especially me.

Going back one chapter, in Psalms 25:4-5 (NET) it states:

“Make me understand your ways, O Lord! Teach me your paths! Guide me into your truth and teach me. For you I rely all day long.”

We know that when we learn about God’s paths we’ll be taught the truth by the Holy Spirit and we will understand how God wants us to live (John 16:13). He is the one we should rely on because He delivers us from all our troubles and gives us a joy and peace that surpasses all understanding (Philippians 4:7).

That one simple prayer, someone else’s prayer, has become part of my daily prayers. I want to know his ways; I may not know exactly where he is taking me, but I am sure he knows the destination.



ABOUT THE AUTHOR

Johnny L. Wooten is currently serving three sentences totalling 165 years without parole on the Wainwright Unit in Lovelady, Texas. He has written for The Breakthrough Intercessor, Evening Street Press, Spotlight On Recovery, and the Tyler County Booster.

Prayers of an Anorexic

BY LAURIE GLASS

After a series of heartaches and disappointments, I found myself grieving, depressed, and alone. After years of troubling circumstances, I felt I couldn't withstand anything further. I looked to the Lord for comfort and strength. Although I prayed and listened, I couldn't hear His voice. I prayed again and again, and nothing.

God was the one who had led me into various educational, job, and ministry experiences. I'd prayed, obeyed, and followed Him to the best of my ability. After all of those years, I couldn't understand why He had nothing to say. I later saw this as a spiritual attack, but I couldn't see that at the time.

Not only did I feel that God had alienated me, but those around me didn't reach out to me, even though they knew I was struggling. Feeling alone as well as helpless about my circumstances, I felt compelled to reach for some type of control. I reasoned I could control how much or how little I ate. I planned to do so temporarily until I could get through the grieving process and gain understanding of the next step I was to take in life. However, that wasn't what happened. Instead, anorexia began to control me.

Initially, since I wasn't on good terms with the Lord, I didn't pray

regarding this issue. However, He tried to break into my heart and show Himself to me. Previously, I wanted to hear Him and couldn't. Then, while He was pursuing me, I didn't want Him around. Yet it was the moments when He showed up unexpectedly that eventually drew me back to Him. I recall one such time I looked out my bedroom window and sensed God watching me saying, "She is my child, and I love her." Another time I know it was Him when I felt tapping on my shoulder. He was clearly trying to get my attention. I continued to resist Him for a time, but slowly returned to having conversations with Him.

I knew I should pray regarding the eating disorder, and I believed that God would help me break free of it. Yet it was this confidence that prevented me from seeking Him as I was unsure I wanted to be free. There were times I clung to anorexia as if it were my best friend.

Even though I wasn't ready to speak with God about the eating disorder, I began to have other candid conversations with Him. One time He said, "Just let Me love you." It seemed that His intent was to draw me closer to Him and then address the rest one step at a time. This made things less scary to me, so I continued opening up to Him.



My journey to freedom was characterized by numerous ups and downs. During one of my up times, I told God I wanted to break free. Not only had I been restricting my food intake, but I was also taking diet pills. After slowly going off them, I kept them in my possession for a time, which gave me a sense of security. When I was willing to get rid of them, I knew this was a significant step. While throwing them out, I spoke words of commitment, “I told you I wanted to be free from this eating disorder, and I meant it.”

His reply confirmed to me His role in bringing me to that point: “I wanted to give this to you for so long.”

I’d been afraid to ask for His help because I knew what it would mean and yet when I began to experience freedom, I realized it wasn’t anything to fear. In my own strength, I couldn’t have had the power, insights, or perseverance to fight. But with Him by my side, I knew freedom was possible.

Continued on page 19...

Are you a writer?

*The Intercessor welcomes
submissions!*



Has God taught you about prayer?
Do you want to share your story
of answered prayer?
Do you write poetry about prayer?

Send in your submissions for
consideration!

Guidelines...

Articles should be 500 to 1,000 words. Poems should be at least 12 lines.

Topic must focus on prayer: an experience or teaching supported in Scripture.

Authors give Breakthrough permission to edit material for length and content.



Send to...

Email: editor@intercessors.org

Mail: Breakthrough Editor

P.O. Box 121, Lincoln, VA

20160

I felt guilty and ashamed about how I'd treated my body. Also, I was an adult and thought I shouldn't have let this happen. The heavy guilt and shame only fueled the anorexic cycle. But as I discussed the details of the eating disorder with the Lord, He assured me, "You have nothing to be ashamed of." This truth was so contrary to my thoughts and feelings that I was in disbelief. In time, though, that statement began to break through the thick shameful layers that plagued me.

I found that recovering from anorexia was complicated, and there were times that I didn't know how to pray. I sometimes talked to Him as if He were sitting in a chair next to me and simply shared my concerns. One such time, He spoke to the heart of the issue: "Don't take control yourself." Of course, control was a key factor with the onset of the eating disorder, and I knew I needed to take this comment to heart. My circumstances weren't for me to control. The amount of food I ate wasn't going to fix my situation. I needed to

relinquish the control to the Lord, trust Him, and let Him lead me.

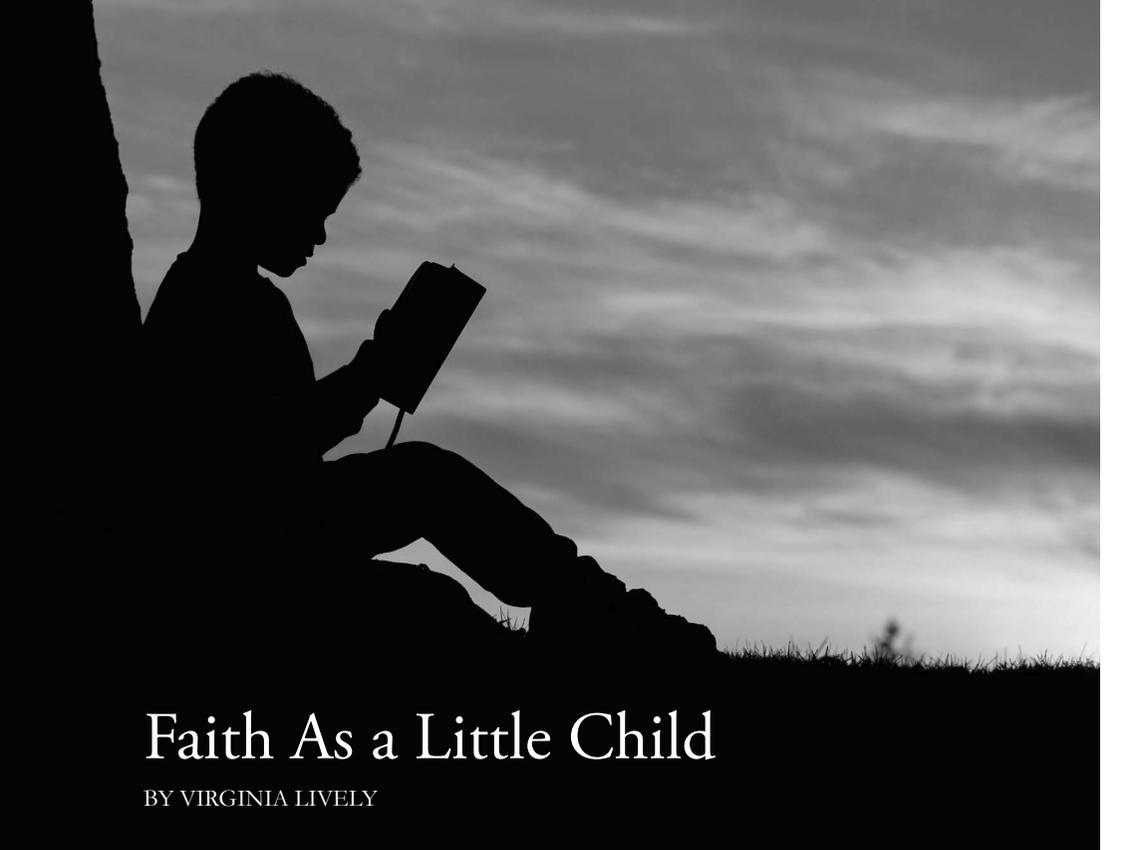
I'd worked through many of the underlying issues, having spent countless hours in tears writing in my journal. After repeated relapses, I became determined to fight like never before. I started to eat more, relinquished control of my recovery to the Lord, began to see myself realistically, and stepped closer to freedom every day. I found an eating disorder survivor's wall online, where people could submit a post when they recovered. I prayed, "Please take me to the wall." That one final prayer was answered as I officially left anorexia behind me after six years.

I learned much about prayer – that even if I didn't have the "right" words, it was important to speak from the heart, pray believing He would answer, and never stop. I also learned that listening was a vital part of prayer.



ABOUT THE AUTHOR

Laurie Glass has a Master's Degree in Christian Counseling and ran the online ministry, Freedom from Eating Disorders, for 14 years. She is the author of *Journey to Freedom from Eating Disorders*. In addition, Laurie has had many poems and articles published in both print and online publications.



Faith As a Little Child

BY VIRGINIA LIVELY

Last August, Michael (my grandson), his mother Linda (my daughter), and I had planned a two-week vacation in the mountains of North Carolina just west of the small town of Waynesville. We had decided to leave Orlando, Florida, on a Friday for the eleven-and-a-half-hour trip by car. I arrived on Thursday to spend the night, which would enable us to get an early start in the morning.

When I pulled into the driveway, Michael came running out of the front door, followed by his mother. She was very busy and asked if we could leave on Saturday instead of Friday. “No, of course not,” I answered.

During the evening Michael reminded me repeatedly that we would be roommates. That night, I noticed that he coughed occasionally in his sleep. The cough was worse the next morning.

Sitting on the living room sofa, I watched as he played with his toy animals. He arranged them single file on the edge of the coffee table, then marched them two by two into the ark talking all the while in that special language only understood by one who is a cow or a horse or a tiger. He coughed unceasingly.

“Michael, come here, and let’s ask Jesus to heal that cough,” I said. Since his mother had prayed with him when he was sick, he was

accustomed to prayer for healing.

He left his beloved animals and came to stand at my knee. He closed his eyes tightly and stood very still, waiting. With one arm around his small waist and the other hand on his head I prayed for his cough to be healed.

Michael echoed, "Amen," resoundingly. He opened his eyes, turned around, and went back to his play... still coughing.

I continued to pray, and he continued to cough during the afternoon.

We left early the next day for the mountains amid much excitement. He napped several times in the car and as the hours passed, he seemed to cough less. Linda and I prayed for him while he slept.

When we arrived at our destination we unpacked only the necessary items, ate a light supper, and fell into bed early.

Michael was up at first light. "It's time to get up, Mema," he sang cheerily at my bedside. I was aware as we fixed breakfast that the cough had subsided almost entirely.

"Michael, you're not coughing as much as you did yesterday, are you?" I asked.

"No," he agreed, smiling, "you see, Jesus is healing me... one cough at a time," and he danced away to see the mountains from the deck.

He didn't try to determine why he had not been healed instantly. He didn't wonder if he had enough faith. He didn't think he may not be worth it. He didn't say he was suffering for Jesus's sake. He was willing to accept God's will with a sweet confidence. Then it occurred to me that he would have had the same kind of faith whether it was for his needs or for others. We adults also had that kind of faith at one time. Some still do. To regain that child-like trust is a happy challenge for us.

This article was taken from the first issue of the third volume of The Breakthrough Intercessor, published January 1983.



ABOUT THE AUTHOR

Virginia served as one of Breakthrough's earliest Board members.

WAYS TO GIVE

Thank you for
your support!

Q How can Breakthrough maintain a network of nearly **4,000 intercessors** who pray faithfully and individually for each request they receive?

A **Your support.**

Gifts of Stock

Maximize tax-deductible contributions by making a charitable stock donation with an account you have owned for at least one year. You won't pay capital gains tax and will receive an income tax deduction for the asset's full fair market value.

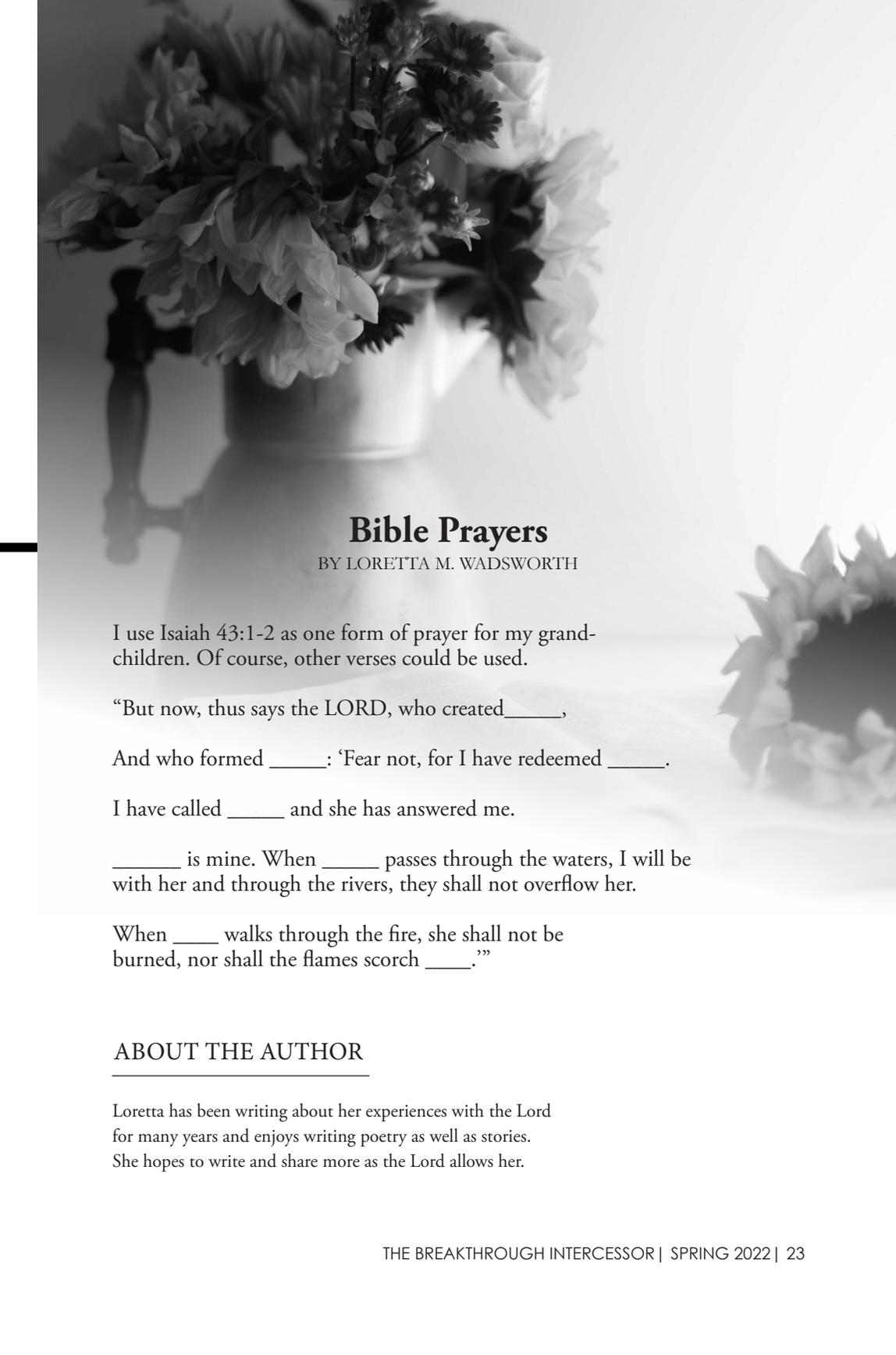
Transfer Securities

If you would like to make a stock gift, please contact our office for directions.

Leave Your Legacy

Consider leaving Breakthrough a gift in your will to ensure that our ministry can continue calling, equipping, and encouraging people in the work of faithful intercession.

Include the following wording: "I give, devise, and bequeath to Breakthrough, Inc., tax identification number 23-7423474, P.O. Box 121, Lincoln, Virginia 20160 (insert amount, percentage, or nature of gift, or remainder of estate) to be used for its ministry purposes."



Bible Prayers

BY LORETTA M. WADSWORTH

I use Isaiah 43:1-2 as one form of prayer for my grandchildren. Of course, other verses could be used.

“But now, thus says the LORD, who created _____,

And who formed _____: ‘Fear not, for I have redeemed _____.

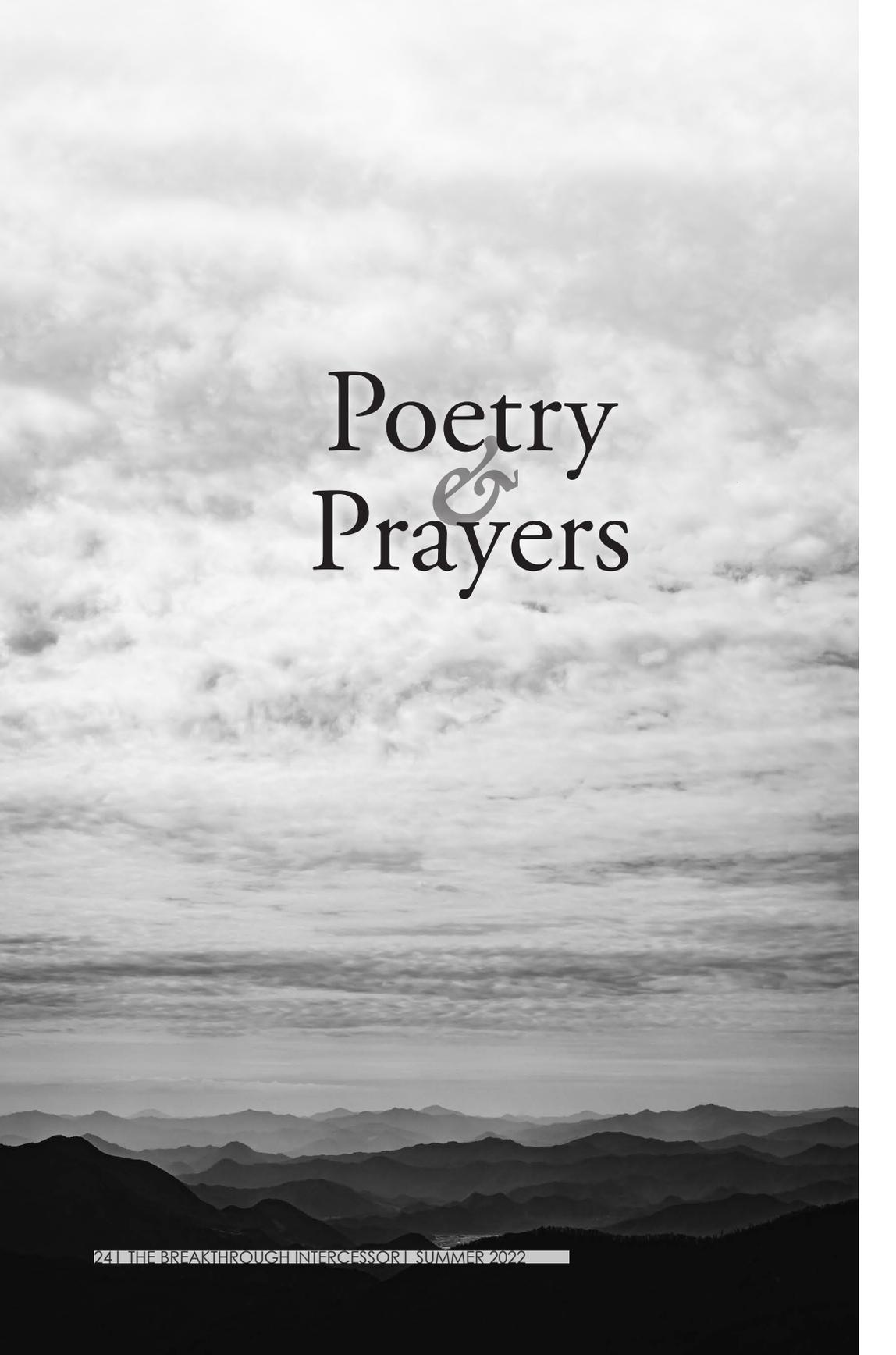
I have called _____ and she has answered me.

_____ is mine. When _____ passes through the waters, I will be with her and through the rivers, they shall not overflow her.

When _____ walks through the fire, she shall not be burned, nor shall the flames scorch _____.”

ABOUT THE AUTHOR

Loretta has been writing about her experiences with the Lord for many years and enjoys writing poetry as well as stories. She hopes to write and share more as the Lord allows her.



Poetry
&
Prayers

Till With Him We Will Be

BY PETER CALIGIURI

So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight.

2 Corinthians 5:6-7 ESV

It's not what others say or think
Of what we're going through
Or how they feel about the way
Of all God asks of you

But only what His word has said
And what He calls us to
How on His cross He showed us all
That love asks us to do

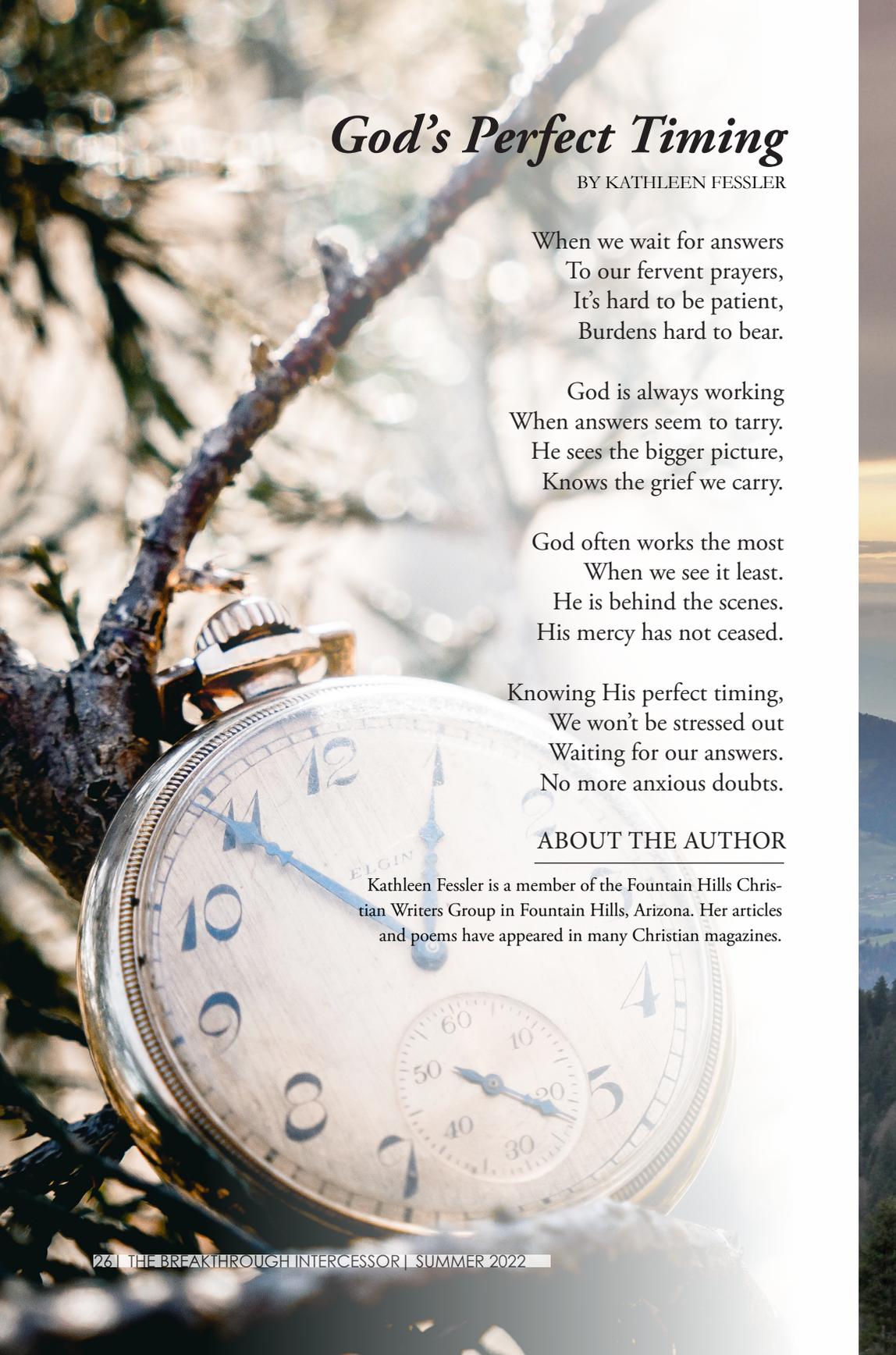
Then the lame will walk and the deaf will hear
And the blind begin to see
By the power of the love of Christ
For friend and enemy

Who washes feet and feeds the poor
And turns the other cheek
And trusts to walk in faith today
Till with Him we will be.



ABOUT THE AUTHOR

Peter has loved writing since he was a teen. His short poems and devotionals have appeared in various periodicals such as *Secret Place*, *The Breakthrough Intercessor* and *The Upper Room*. Peter and his wife, Nancy, live in Florida where they are members of Generations Christian Church. Together they have two awesome sons, six lively grandsons, and one very special granddaughter!



God's Perfect Timing

BY KATHLEEN FESSLER

When we wait for answers
To our fervent prayers,
It's hard to be patient,
Burdens hard to bear.

God is always working
When answers seem to tarry.
He sees the bigger picture,
Knows the grief we carry.

God often works the most
When we see it least.
He is behind the scenes.
His mercy has not ceased.

Knowing His perfect timing,
We won't be stressed out
Waiting for our answers.
No more anxious doubts.

ABOUT THE AUTHOR

Kathleen Fessler is a member of the Fountain Hills Christian Writers Group in Fountain Hills, Arizona. Her articles and poems have appeared in many Christian magazines.

Prayers about God's Word

“My soul melts away for sorrow;
strengthen me according to your word!

Put false ways far from me
and graciously teach me your law!”

PSALM 119: 28-29 (ESV)

“The law of the Lord is perfect, reviving the soul;
the testimony of the Lord is sure, making wise the simple;
the precepts of the Lord are right, rejoicing the heart;
the commandment of the Lord is pure, enlightening the eyes;
the fear of the Lord is clean, enduring forever;
the rules of the Lord are true, and righteous altogether.
More to be desired are they than gold, even much fine gold;
sweeter also than honey and drippings of the honeycomb.”

PSALM 19:7-10 (ESV)

ANSWERS TO PRAYER

J. has been participating in weekly small group, together with his father. He said that he has been reading the Old Testament, even if he does not understand it yet.

-Gala

T. (6 yrs. old) couldn't speak, and he is now speaking and learning to read!

-Anonymous

Betty writes that her pain from cancer has ceased!

Barbara writes that she has more discernment/insight as well as empathy in her prayer life.

Esther passed her oral defense for her thesis! Thank you for supporting her academic life; the journey has not been easy!

Barbara writes that her pathologist says there is no cancer! She got her life back!

Jeanine writes that the single mom and little girl found a home to live in.

Saje writes that her home situation is done. It was hopeless, But God!

Shelly writes that her son Carson and her daughter are both following after the Lord and seeking His will for their lives!

God almighty gave Reginald a job as a bus driver in NC.

Clare writes that her only income of \$706.00 social security per month has given God a way to show her how to need fewer things. She is amazed to see how she needs less than she thought. She is learning that Jireah, her provider is enough!

Nancy writes that her son got a good full-time job!

Jean writes that she has felt your hands fold on her behalf and is doing amazingly well with Dr. J. She even recovered from Covid while having leukemia!

Bertha writes that through your prayers, and His effective Word, she has been healed of neuropathy.

Margaret writes that she has sold her home for a good price enabling total payment of bond in aged care and some money left over. She is settled and content. Her psychological issues are nearly resolved, she feels at peace. She is praising God for much healing of memories and the blessing of healed forgetfulness!

I received a card telling me I was being prayed for just when I was having 3 weeks of trial in my life. God's timing is amazing!
-Anonymous

Peter writes that he has resolved his large debts, been healed of diabetes, and lost weight. He has found a new local church as well!

Jamarcus writes that a lady donated a vehicle gift to her!

S. is home after 9 months in the hospital! They gave him a 20% chance to live and at one point were ready to give up on him, But God!

-Lynn

Nancy writes that her husband Dave got the perfect job for his final career and is able to pay off many debts.

Brooklyn writes that they have found the 3 month old!

I am no longer waking up in the middle of the night with excruciating hip pain. Praise God!

-Anonymous

Judy writes that she is making slow progress in her health and her granddaughter accepted Jesus. She is now attending church!

Summer 2022

Find Breakthrough on
Facebook
([www.Facebook.com/
BreakthroughIntercissors](http://www.Facebook.com/BreakthroughIntercissors))
and Instagram
[@breakthrough_intercissors](https://www.instagram.com/breakthrough_intercissors)



**The
Breakthrough
Intercissor**

P. O. Box 121
Lincoln, Virginia 20160
www.intercissors.org

Address Service Requested

