



# HIS TRUTH TRANSFORMS INTERNATIONAL

HIS TRUTH TRANSFORMS.ORG

## NEWSLETTER APRIL 2018



**“LIVING A LIFE SET APART”**



### **A LIFE WORTH LIVING!**

“I realized I could make a choice to stop at any time and say, “God I need You, I can’t do this on my own. ”

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### **WORRY-ANXIETY- DEPRESSION...**

God does not simply remove our negative emotions, He replaces them with Spirit-filled emotions.

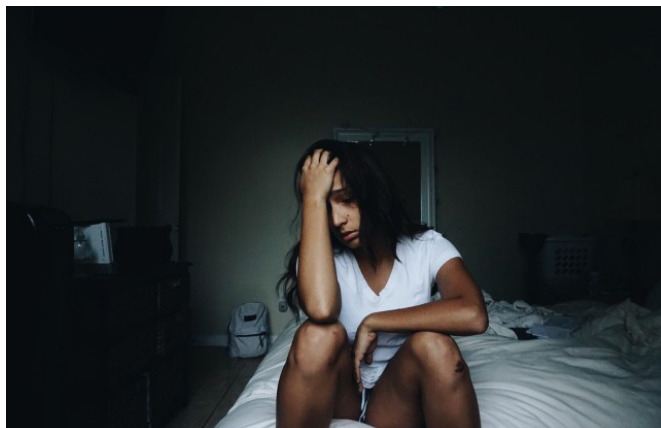
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### **DOES PRAYER MATTER?**

With their eyes on God, not the circumstances, the people waited on God to answer. And answer He did.

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## A LIFE WORTH LIVING!

Testimony of Christi Craddock, President/Counselor

I never felt like I measured up. Emotions ruled me. Poor self image led me down a pathway of starving myself, then ultimately to binge eating and purging. My vice was food. At fourteen my identity was based on the belief people would like and accept me if I looked a certain way.

I had Christian parents that loved me unconditionally. I was in church and knew God but turned from God and began a downward spiral. I chose to abuse food, drugs and alcohol to fill the emptiness within me. I believed Satan's lies that I was worthless, ugly, stupid and fat. I felt totally hopeless, out of control and my life was not worth living.

Now in my thirties I longed for something deeper and decided to try God. I started meeting with a Biblical counselor who helped me understand how to have a personal relationship with Christ. The truth from God's Word spoke of His acceptance of me. Everything I needed was in Christ (2 Peter 1:3).

Previously, every negative word is how I viewed myself, but now I saw myself as a new creation (2 Corinthians 5:17). My negative beliefs based on the world's system began to be countered by God's truth. I chose to believe how God sees me as beautiful, whole, smart, equipped, redeemed, loveable, and self-controlled. I learned of my identity in Christ and how I no longer needed to turn to alcohol, drugs or food to fill my needs. I could lean on God instead.

Through the Holy Spirit I began to recognize the lies and evaluate why I thought that way. I would go to God and express these beliefs and He would take me to His Word for the truth. Even in the midst of my struggle with an eating disorder, I saw in scripture He did not condemn me (Romans 8:1). He loved and accepted me even when my

behavior was not lovable. As I chose to believe His truth, change took place.

I gained freedom. I recognized Satan's condemning voice, "See you failed again, you will never get better." I tried to change the outside but I needed changing on the inside. God showed me that He was bigger and as I believed His truth, not my feelings or emotions or Satan's lies, change continued to occur in me. I realized I could make a choice to stop at any time and say, "God I need You, I can't do this on my own." I let God conquer this struggle through me. I evaluated why I was eating emotionally and let God reveal the truth.

I no longer have an eating disorder but there are times I battle with eating emotionally. Renewing my mind with God's truth and letting the Holy Spirit give me self control is a life-long process. As I give my life to Him, He will equip me to resist the devil (1 Corinthians 10:13). This is done moment-by-moment as I relinquish my heart and will to His will. I put off the lies and put on the truth (Ephesians 4:22-24). I let God's truth be the final authority, not my emotions, beliefs or thoughts.

I have found peace and joy in God. Not the God of my making who I thought failed me, was mean, and pointed His finger at me but the God of the Bible, who loves and accepts me, doesn't condemn me but died for me. Through faith in Christ and believing the truth I am set free and continuing to be set free. I realize my life is worth living!

*We need YOUR help to reach hurting people through videos and podcasts! See Page 7*

I am forever grateful for my counselor who patiently and lovingly spoke God's truth to me. Because of how drastically my life changed and the inner peace and joy I found through Christ, I am passionately helping others today.

We feel God is leading us to take our Biblical life-changing truths and reach hurting people all over the world through videos and podcasts. We encourage you to join us. We continue to praise God for the lives He will set free through our ministry!

Worry - Anxiety  
- Depression -  
Hopelessness - Anger

## ARE YOUR EMOTIONS TAKING OVER YOUR LIFE?

By Melody McCreary, Counselor/Training Administrator

When you turn on the TV, pick up the newspaper or listen to the radio, the “news” is filled with fear, acts of rage, murder, suicide, sex scandals, threats of war, and many other acts of violence. We are bombarded daily with disasters and crisis all around the world. This can bring a lot of fear about the future.

Every single day in each person’s life we may encounter many opportunities to fall into the lies that worry, anxiety, depression, hopelessness, anger, or fear tries to get us to take hold of. Are you currently struggling with these emotions? What power do these negative or renegade emotions have in a believer’s life?

Emotions are a fact of life, but that does not mean we have to experience them in a negative way. God does not simply remove these negative emotions in our lives, but He replaces them with Spirit-filled emotions (Galatians 5:22-23). Spirit-filled emotions are part of our identity in Christ.

Do you feel overwhelmed? God says in Romans 8:37, *you are more than a conqueror, an overcomer in Christ Jesus* (You may not FEEL like you are an overcomer), therefore, it is important that you receive God’s Truths and reject your lies about what your feelings are telling you. This is renewing your mind (Romans 12:2). When we allow our minds to be renewed by the power of the Holy Spirit, then these lies we hold and believe are exposed and replaced with God’s Truth.

At HTTI, we help hurting people discover God’s Truths for themselves so they can choose to walk in those Truths daily. If you are struggling with life, we encourage you to get involved with one of our small groups, classes or seminars or come in for counseling so you can learn about God’s amazing love and power He has given to you to live His abundant life (John 10:10).



## OVERCOMING EMOTIONS THAT DESTROY BOOK SERIES:

God’s Solution for Man’s Anger,  
God’s Solution for Man’s Anxiety,  
God’s Solution for Man’s Depression,  
God’s Solution for Man’s Fear, and  
God’s Solution for Man’s Guilt.

What happens when our emotions have become messy, debilitating, and dangerous? What can we do when our emotions run wild and threaten to overwhelm us? Worse, what happens when we lose control of our emotions and they begin to dominate us? These and other questions are addressed in the Overcoming Emotions That Destroy book series.

As believers we are to recognize our renegade emotions as indicators to connect to the Father’s heart. He will cause us to examine where the Holy Spirit is urging us to appropriate His Truth in bringing about healing from our messy emotions. This series will teach us that it is God who replaces our renegade emotions with the Spirit-filled emotions that are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23), and many more that demonstrate the dynamic image of God so that we can live our lives in victory!

TO ORDER  
BOOKS/EBOOKS

AMAZON or  
HTTI’S BOOKSTORE

[www.HisTruthTransforms.org](http://www.HisTruthTransforms.org)

“Never underestimate what God can do through the human heart fully devoted to Him!”

- Jim Craddock

## POSSESSING GOD’S LOVE!

By Doris Craddock, CEO/Counselor

No matter what you have been through in life, you have a Heavenly Father who loves you and sent His Son to die on the Cross for your sins.

*“Jesus said to them, I am the Bread of Life; He who comes to me will NOT hunger and He who believes in Me will NEVER thirst. But I said to you that you have seen Me, and yet do not believe. All that the Father gives Me, will come to Me, and the ONE who comes to ME I will certainly NOT cast out. For I have come down from Heaven, not to do My own will, but the Will of HIM who sent Me. This is the will of Him who sent Me, that of ALL He has given ME I lose nothing, but raise it up on the last day. For this is the will of my Father that EVERYONE who BEHOLDS His Son and BELIEVES in HIM will have ETERNAL LIFE and I myself will raise HIM up on the last day!” (John 6:35-40).*

So you see, no matter what we go through in life you have never been alone! Your Heavenly Father loves you and wants you as His son or daughter, but He gives the choice to you. When you realize that He cares about you desperately and wants you to experience His peace of mind you can then decide what kind of life you want to have. I am so grateful no matter what age we are we can choose His life!

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**Your donations allow us  
to counsel hurting  
individuals and couples  
at no charge.**

**[WWW.HISTRUTHTRANSFORMS.ORG](http://WWW.HISTRUTHTRANSFORMS.ORG)**



# PRAYER REQUESTS

We thank you for committing to praying for us!

## Counselees

Pray they will allow God to take the emotions that are ruling their lives and renew their mind to God's Truths so they can experience His peace.

They will allow God enough time to reveal Himself so He can become the solution to their problems as they understand this is not a one-time fix.

## Counselors

Pray we will continually seek God's wisdom as we minister to those who seek our help.

## Class: Pneumanetics Original

Praising God the students have bonded and have a great hunger for learning how God can be the solution to life's problems. Pray they continue to be transformed within by God's Truth and their desire to minister to others continually grows stronger.

## Class: Integrity of a Biblical Counselor

Pray the students will continue to learn how the Bible addresses all of the problems common in our world today and in the process will build and strengthen their confidence in the reliability, authority, and effectiveness of the Bible and in counseling others.

## Funding

Pray that God will raise the funds to transfer our material into podcasts and videos.

Pray for new donations that pay our salaries so we can minister to hurting people.

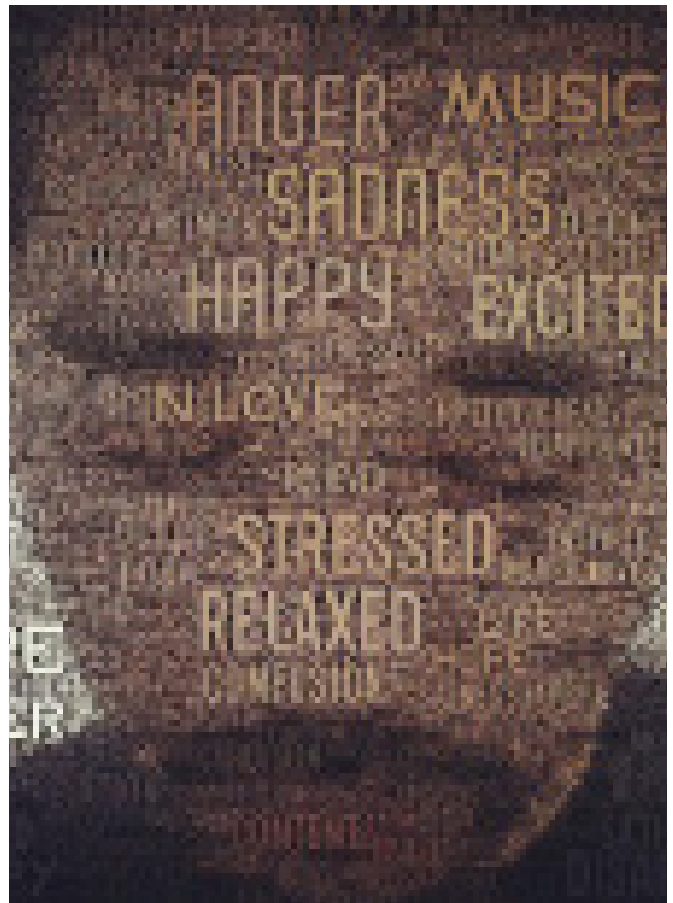
## HTTI'S Ministry

Pray that we allow God to show us the details in ordering our steps as we actively follow His calling for HTTI.

Pray for God's direction and wisdom as we start preparing our material through podcasts and videos.

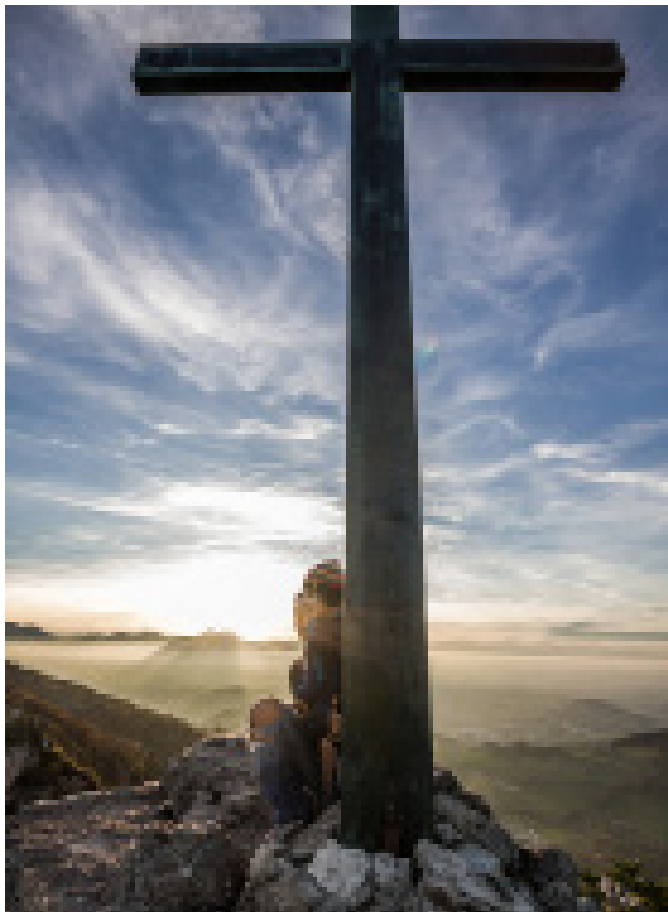
Pray as we expand our social media we will reach more hurting people.

Pray for God to open new doors for us to share God's hope that can bring inner peace and joy no matter anyone's circumstance.



***NEED GOD'S PEACE!***

***405-603-2020***



## DOES PRAYER MATTER?

By Kitty Ramirez, Counselor/Training Director

In 2 Chronicles 20:1-22, we have Jehoshaphat, the king of Judah, hearing the news a vast army was coming against him to make war. Jehoshaphat was afraid and turned his attention to the Lord. Unlike Jehoshaphat, most of us turn our focus to the cause of the distress and get emotionally entrapped in hopelessness, depression and despair.

Jehoshaphat then started talking to God about His Character and Attributes, Who He is and What He does. Then he points out to God the wonderful things God has done for them in the past. Contrary to Jehoshaphat, most people don't have a working knowledge of God let alone remembering the things He has done for them.

Next, Jehoshaphat does the most amazing thing in saying, even if the worse of the worse happens to us, we will cry out to you God and You will hear us and You will deliver us. This is called conquering faith, a faith which stands on the faithfulness of God in the face of adversity. Jehoshaphat goes on to pray for God to take specific actions for their specific needs. Most the time we pray "bundle prayers," which means, "Here God, you know everything, so fix everything."

With their eyes on God, not the circumstances, the people waited on God to answer. And answer He did. The Lord told the people what they were to do, *station yourself, stand and see the salvation of the Lord*. God would fight the battle, not them, however they had a part. Then another amazing thing happened, the people worshipped God with praise and thanksgiving prior to any of these things yet taking place. The people spiritually saw the victory before the battle had happened. "Now faith is the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1).

So what are some prayer helps we can practice as we see the world implode or our life circumstances disintegrate? Turn your attention to the Lord, in all things. Don't wait to get to know God only in distress begin to know Him now. Remember His goodness, regardless of the "size" of the goodness. Have confidence God will hear and answer your prayer. Wait on God to do just that. Station yourself, stand and see. Do what He says. Praise Him for the victory.

"The LORD is close to the  
brokenhearted  
and saves those who are  
crushed in spirit.  
The righteous person may have  
many troubles,  
but the LORD delivers him  
from them all."

-Psalm 34:18-19

Picture: HTTI Staff/Kitty, Melody, Doris and Christi.



*EVERY LIFE MATTERS AND WE FEEL AN URGENCY TO REACH  
PEOPLE THAT ARE HURTING!*

*Your donation will help us connect with hurting people all over the world. We can engage them in their home, office, phone, car, gym - right where they are.*

*We can immediately share God's hope and peace to hurting generations by providing practical Biblical solutions to their problems.*



**You can designate how you want to help us minister to hurting people.  
Just return your donation in the envelope indicating  
where you choose to help in changing lives.**

**PODCAST EQUIPMENT - \$1,000.00-complete!**

**IPHONE VIDEOS/SOFTWARE - \$1,000.00-complete!**

**MEDIA ASSISTANT (part-time) - \$1,000.00 a month for one year**

**We look forward to hiring someone to expand our social media,  
help with podcast, videos, newsletters, website and marketing.**

**PAY FOR AN HOUR OF COUNSELING FOR SOMEONE HURTING - \$35.00**



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INTERNATIONAL

5745 NW 132nd Street  
Oklahoma City, OK 73142

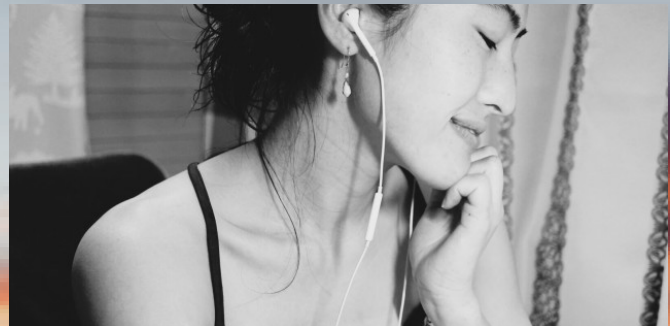
Dear Faithful Friends,

Thank you for prayerfully asking God how you can come alongside us in prayer and through your financial gifts. We do not have enough counselors to meet the counseling needs but through podcasts and videos hurting people can immediately receive practical tools that will allow God to transform them from the inside out!

We need your help to invest in generations to come with our life-changing material through podcasts and videos!

Thank you so much!

Doris, Kitty, Melody and Christi



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