
God does help YOU!

Hi _____,

God is constantly helping us in our daily lives. Thank you for praying for this ministry and helping where you can. It is making a positive difference! Read on...

Students are now applying to come to Teleo's Bible school. Praise God! **Please keep spreading the word.** Time is short and it's a fantastic opportunity to grow your own relationship with Jesus and learn to share Jesus in practical ways.



Praying for...

- Future students of Teleo Missions. School starting August 2!
- Adopt-a-student partners. \$100 per month.

God DOES Help!

My Testimony

For a few months now, I've wanted to share my testimony of what God has done for me since reading the book, *His Victory is Ours* by David Ng.

Back in October 2025 my daughter asked me to pray for a young man whom the family felt was possessed. This family is Punjabi and of Sikh faith. We both felt inadequate to do anything for him except to pray and study material related to this subject of spiritual warfare. We found *His Victory is Ours* helpful for understanding the subject so we could somehow help him. I had a previous experience helping another young man with prayer and deliverance, and I realized I had strongholds in my life that weakened my ability to help this other young man. When asked to help again I started reading his book, praying fervently, and

"Show me thy ways, O Lord; teach me thy paths. Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day."

—Psalms 25:4-5

seeking God for guidance, wisdom, and understanding in this area of Spiritual Warfare. This area of ministry is not something I have pursued but it has been brought to my attention that there is a real struggle both inside and outside the church.

In January of this year, 2026 while studying his book I came across the statement that not all disease or sickness is of natural causes. This made me think of something related to my heart that has been happening to me since I was a teenager, though it manifests differently now. I started to pray a prayer to God that went like this: "Lord, if my tachycardia is not of natural cause please show me. Right now, I claim **James 4:7** Submit yourselves therefore to God, resist the devil and he will flee from you. I prayed and rebuked the devil in Jesus name over my heart issue and claimed.

Psalm 73:26 My flesh and my heart faileth, but God is the strength of my heart and my portion forever."

I prayed this because my cardiologist told me there is absolutely nothing wrong with my heart. But to keep me out of the emergency room, he gave me medication to regulate my heart. I didn't want to take it because it can cause a different type of arrhythmia.

God started to show me that when I was in my early teens I played with a Ouija board and had been involved in séances; since that time, I started having issues with my heart. God revealed all this to me through prayer. I also noticed that my heart would race when I was on my knees in prayer or when I was helping with something at the church, health ministry, or women's ministry activity. I confessed these open doors and asked God to seal them with the blood of Jesus; I forgot about it and kept studying the book.

Heart Beats & Prayer

On March 13th, my brother's birthday I decided to have a special prayer for him because he was experiencing some demonic activity in his home. Because he is not a Christian, I wanted to pray against this power and intercede on his behalf, and I was on my knees in prayer when my heart started to race very fast—170 plus beats a minute. I immediately got on my face before God and prayed the 1-2 Principle from the book asking God that if this is not of natural causes, I claim James 4:7; I submitted myself to God and in Jesus' name, rebuked any demonic activity related to this, asking them to leave. To send angels that excel in strength to fight this battle until it is won. I cried out to God to HELP ME, HELP ME, HELP ME, and my heart returned to a regular rhythm. My heart NEVER returned on its own to a regular rhythm without medication or an emergency visit.

Apply to
be a
student or
check out
more
resources.

True Victory IS Possible!

"Sinful men can become righteous only as they have **faith** in God and maintain a **vital connection** with Him." *Desire of Ages* p. 310.1

What Can I Do for Jesus?

I was pondering this question today. There are students desperately wanting more of God, freedom, and how to share Jesus—to come to Teleo. They don't have family and friends to support them. I don't have lots of extra money either. I'd love to give these people a chance. God brought me to Isaiah 58. What is the fast that God is eager for? Feed, cloth, and help our fellow peoples.

God reminded me I can

The last time I had taken medication was on December 8th at a health ministry event when my heart started racing; now this was March 13th. I must also say that I was faithfully following the 8 laws of health, which I thought was keeping my heart from racing. As I got up off my face my thoughts were racing as well—what had just happened? So I thought, “I want to check out what I was reading about spiritual warfare from another book called *Victory on the Battlefield*.” When I started to look for the book on my computer, my heart began to race again. I immediately dropped to the floor praying the same prayer, asking God to send His angels that excel in strength to fight this battle if it is not of natural causes until it is won on my behalf. Claiming James 4:7 and 1 Corinthians 15:57. This time I only said “HELP ME” once, and it returned to a regular rhythm. I thanked the Lord for what had just happened but had a sense that I was not done yet.

God Freed Me!

Nine days later, a Sunday morning during my prayer time, my heart started to race again. With my face to my mat I prayed, stating now that I knew this tachycardia was not of natural causes and rebuked the enemy of tachycardia, not knowing if this was right or wrong but that's what I prayed. This time there was much wrestling in prayer and not giving up because I **believed** God was granting me freedom, deliverance and victory over it in my life. Finally, after a few minutes my heart returned to a regular beat and since March 22, 2026 I have not had another problem with my heart. I thank God every day that I walk in freedom, victory and deliverance over this.

I want to thank you so much for the book and all of the summary sheets that I have printed off and continued to study.

Although I started out to help this young man in the process God freed me from my heart issues. I had only pursued it because of what he wrote in his book and the inspiration of the Holy Spirit.

Even before all of this happened for me I prayed a prayer on February 2, 2026 claiming James 4:7 over appetite, intemperance, sugar, addiction, selfishness, self-sufficiency, wasted time, YouTube, social media and more. I spent the whole day praying and claiming James 4:7 to overcome in these areas. Since then, I have lost 16 pounds with little effort, no special diet, just good food and trust that God has given me victory, freedom and deliverance. Also, I have not been on any YouTube or social media since February 2nd as well and my mind is clearer and freer than ever to understand and hear God's voice.

look around my home and sell some items that aren't really needed. Why not do a yard sale? Why not skip going out to eat once and give that money to help support a student? God CAN give me little ideas for ways to give to His service.

One lady that attended Teleo last year is now leading a Small Group. God has opened many doors for her to teach Spiritual Warfare and now How to Study the Bible in Trinidad. Schools like this ARE making a positive difference. Will you join me in doing what you can WITH JESUS? Try asking God for an idea.



—Lana



Practical Spiritual Tools

Are Christians doomed to keep sinning until Jesus returns, or is true victory and biblical perfection actually possible on earth? On this episode of Here We Stand, Dr. David Shin connects with international speaker Pastor Randy Skeete to discuss perfection,

obedience, and the
power of the Word.

No more prayers at the end of the day asking for forgiveness for wasted time. Although YouTube has many good things, I had to stop watching everything I viewed to gain the victory and not give the enemy any subject matter to bombard my thoughts with.

Thank you, thank you, thank you for your ministry and I am praying for you to be used of God to continue to be a beacon of light to those in darkness because of sin and the enemy.

Just to follow up with the young man: we have not yet been asked to come and help him. Praying God's will and timing. I know that I wasn't ready until now.

Have a healthy day,

Sheila

Yes, I want to be an adapt-a-student partner. [Click here to donate to Teleo.](#)

God DOES care and is ready to help us,

Teleo Team

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