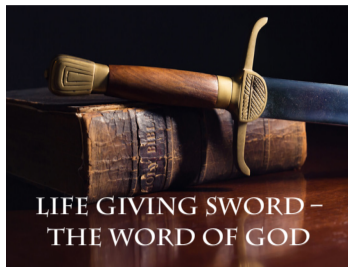


BROKEN BREAD Page 04

DEVOTIONAL Page 06

 **Corner** Page 08



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UNVEILING SPIRITUAL BATTLE:

An Encounter Beyond the Physical Realm



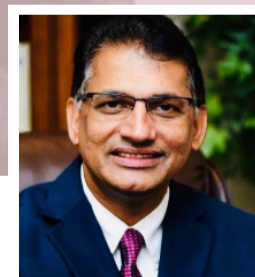
Challenges are part of human existence and growth. We face multi-layered challenges daily, including physical, emotional, mental, and spiritual dilemmas. Spiritual warfare is an ongoing confrontation between the forces of good and light and the forces of evil and darkness. While the physical and psychological conflict is explicit and widely acknowledged, spiritual warfare remains implicit. Today this topic has expanded prominence in the growing presence of Pentecostal and Charismatic Christianity. This

article explores the meaning of spiritual warfare, its significance, nature, strategies, biblical foundations, and key theological concepts.

Understanding Spiritual Warfare
 Spiritual warfare embraces multi-dimensional battle that ranges beyond personal spiritual growth. Individuals, families, communities, and nations experience the consequences of an attack from hostile forces. Although invisible, the enemy is not fictional. The enemy is real and determined to

wage war with the people of God by influencing us with negative thoughts, suppressing spiritual growth, damaging relationships, and hindering all positive changes in the world.

Christian designs of spiritual warfare are usually drawn from Ephesians 6:10-17. In this passage, Apostle Paul portrays spiritual warfare as a 'wrestle.' The original word used here is palh (PAL-ay), denoting "a contest or fight between



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Continue on Page 10



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Our arch-enemy is Satan who “walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8). The way in which he devours unwary people is by tempting them to sin – by convincing them that sin is a more rewarding master than Christ.”

— Jim Elliff



FROM THE
editor

Night People and Day People

The spiritual battle is an integral part of the Christian life. Some perceive every struggle they face personally or in society as a spiritual battle, but others do not. Conceding to any of these extreme positions can harm one’s spiritual well-being. Therefore, gaining the right understanding of spiritual battle in the light of God’s Word is vital.

Paul of Tarsus, the great apostle of all time, realising that his life and mission were ending, shared a final self-reflective statement in his letter to Timothy. “I have fought the good fight; I have finished the race” (1Tim. 4:7). He used two powerful images to indicate that Christian life is a battle to be fought (2Tim. 2:3) and a race to run (Gal. 5:7). The New Testament portions substantiate Paul’s thought (Heb. 12:1-3; James 4:4-7; 1Pet 5:8). The Synoptic Gospels portray how Jesus and his kingdom constantly encountered and defeated Satan’s Kingdom (e.g. Mk. 1:13; 3:23ff; 5:1ff). They also indicate that Jesus and his disciple’s ministry involved a power struggle that required authority and power (Mt. 7:28-29; 10:1; 28:17; Lk 4:32; 9:1). Similarly, the fourth Gospel uses the language of the battle between the light and darkness (Jn 1:5).

Apparently, in several places of Pauline corpus, he uses the imagery of combat with an enemy (Eph. 6:12; Col. 2:15) that involves engaging in the fight by understanding the enemy’s strategies (2 Cor. 2:11). Spiritual attacks are waged by principalities, powers, and authorities (Eph. 6:12ff; Col. 2:8, 15, 20), not by people. Other New Testament writings also remind the believers to be vigilant in Christian life and overcome the attack by resisting the Devil (Jas. 4:7; Heb. 12:4). It is inescapable as the whole world is under the power of Satan (1Jn. 5:19). The battle is as close as your own being. In the epistle to Romans, Paul

“The victory in the battle is obviously dependent on being always in the realm of the Spirit. Those who breach those spiritual boundaries through compromises allow the enemy in.”

precisely points out the spiritual battle is fought in one’s own body where sin exists (Ro. 7:17-20), and the mind governed by the flesh (Ro. 8:5-8).

The Bible unravels not only the reality of the battle but also the victory over it. The spiritual battle cannot be won with carnal weapons and strategies. Christ defeats the powers of darkness (Col. 2:15) and leads us in the triumphal procession (2 Cor. 2:14-17). The victory is for those who belong to the kingdom of light (Col. 1:13; 1 Pet. 2:9). Paul portrays the clear distinction between the two camps: “the children of the day and of the night” (1Thes. 5:5), and he goes on to demonstrate the characteristics of those who belong to the two camps.

One can be a member of a church yet be a night person. They may participate in the church activities and identify as a “child of God” yet by nature a night person. On the other hand, a day person will always overcome the influence of darkness with the power of the Spirit. They will be inclined to spend time in prayer, hungry for the Word, thirsty for righteousness, and sensitive to the guidance of the Spirit always in every situation. They strive to abstain from the works of the night. The victory in the battle depends on being in the realm of the Spirit consistently. Those who breach those spiritual boundaries through compromises allow the enemy in.

SHOW ME WHERE IT IS WRITTEN ...

"Much of what is taught about spiritual warfare – including 'strategic warfare' – has no scriptural basis. We should be determined not to learn about spiritual warfare from extra-biblical sources. Ask yourself. How much of your knowledge of demons and spiritual warfare is rooted in the Bible?"

The Word of God is the sword of the Spirit. Have you tested your beliefs about spiritual warfare on this touchstone of truth?

"A spirit of Python possessed the slave girl in Philippi," I said. I did not have to wait for long for a response. My Kenyan audience was shocked. I could see the elders in the front rows frantically flipping the pages of their Bibles. They knew I was referring to an incident recorded in the sixteenth chapter of Acts. "Hold it right there, Reverend," they seemed to say, "I want to know where it is written that the girl had a spirit of Python."

They were justified in exercising an abundance of caution. One of them told me: "My neighbor is an Asian. He keeps a python in his house." Kenyans, including those of Indian origin, practice witchcraft using pythons and leopards to get rich. There are Christians, too, who get mired in syncretic beliefs and practices. No wonder the congregation was taken aback when I mentioned "python."

Before my audience could conclude that their Asian Pastor was taking them for a ride, I told them, "Unfortunately, you will

not find the word 'python' in your English Bibles." In the Greek NT, the phrase 'spirit of divination' is, in reality, 'spirit of python.' It pays to look beyond our favorite English translations. The expression in the Greek text helped my East African friends connect with the incident at Philippi, even though there was no mythological serpent called Python in African folklore. Due to syncretism, the thin line that separates Christian belief from animism is quite blurred. Syncretism is one of the biggest challenges faced by African, Asian, and Latin American churches.

I was glad to see my Kenyan brethren, like the Bereans, rush to the Bible to check whether their teacher was speaking the truth. I wish Christians everywhere would have the good sense to question everything they hear about spiritual warfare and demons.

Sadly, some authors enjoy a superstar status among Christians. Some claim to have been witches or sorcerers before becoming Christians. They claim to have insider information about Satan's kingdom. Their books and DVDs sell like hotcakes. The Lord Jesus commended Thyatira, who refused

to learn Satan's so-called "deep secrets" from a false teacher.

Gullible Christians who lap up dark secrets of the nether world end up more devil-conscious than God-conscious. They are aware of the presence of demons everywhere to the extent that they begin to see evil spirits under every piece of furniture! There is a spirit, they say, behind everything: a spirit of poverty, of depression, of fear, of suicide — you name it. They live in fear, rebuking and "binding" one demon after another.

When these deliverance specialists are on a "binding and losing" spree, we are tempted to ask, "Did you not bind that spirit just yesterday? Who released it?" If you dare to question them, they might bind your "spirit of curiosity." Don't they know that "binding and losing" was a Jewish idiom that had nothing to do with tying up or releasing anyone (Mat. 16:19; 18:16)?

But did not Jesus "bind the strong man" to plunder his property? That phrase is from a parable Jesus said about his ministry. When the Jews accused Jesus of casting out demons with the help of Beelzebub, He told them that He was not on the devil's team. He had bound the devil

("strong man") before He set out to liberate the captives (Mt. 12:28-29). That "strong man" remains bound. Jesus Christ dethroned the "prince of this world" (Jn. 12:31-32), disarmed "principalities and powers" (Col. 2:15), and put them to open shame. All authority in heaven and on earth was given to Him (Mt. 28:18). His government never appointed any "territorial spirits."

Much of what is taught about spiritual warfare – including 'strategic warfare' – has no scriptural basis. We should be determined not to learn about spiritual warfare from extra-biblical sources. Ask yourself. How much of your knowledge of demons and spiritual warfare is rooted in the Bible?



Pr. Philip P Eapen
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Pr. Philip Eapen, an Environmental Scientist by training, devoted his life to proclaiming the gospel of Jesus Christ. Philip also teaches Christians to equip them for service.



Know That You Are in The Battle

The Christian life is not a picnic spot but a battleground. The word 'Battle' has an unbreakable association with all creations — the animals, birds, fishes, and all living creatures battle for survival. Humans have a higher battle level, with serious challenges embedded in them. It is named Spiritual Battle or Spiritual Warfare.

The word battle can be defined as "a prolonged and general conflict pursued to a decision between two or more groups". This means both parties must have definite goals to achieve, no matter how strong or weak.

We may wonder where this battle comes from in humans. God never created man to pursue battle but commanded him to be fruitful, multiply, and fill the earth. But when the devil interferes in God's plan due to humans' careless and wilful disobedience, the scenario has changed from a peaceful and loving association with God to a perilous disintegration and destruction from Him.

Since spiritual warfare or battle is so affirmed for all human beings, especially the "born again Christians", we must face and conquer it until we reach our final victory destination in Heaven. The minute-by-minute victory in our battle has an essential role in the

growth of our spiritual life. We should be aware of the four crucial knowledge or understanding we need to achieve this goal.

1. **Know the enemy and his strategy** - Who is our enemy? The Bible authentically confirms in 1 Pet 5:8, 2 Cor 5:14, John 10:10, and John 8:44 that our enemy is Satan or the devil.
2. **Know our armory** - In Ephesians 6:12, the Bible clearly instructs what personal protection equipment God has prepared for us to wear in this battle. Not only that, but we are also assured that the promises of God are standing around as strong backup aids for every Christian soldier.
3. **Know the battleground** - Where is the battleground? Many think it is somewhere far away. But the Bible portrays, through many illustrations that the spiritual battle starts in our minds first. In the Garden of Eden, where God's presence is imminent, Satan subtly influences Eve's mind or thinking center to crave God's glory and position by being like him. Our thoughts are the first battleground we must conquer by filling them with

the Word of God, sanctifying it with the Blood of Jesus, empowering it with the Holy Spirit, and finally determining with our mind to go forward with absolute surrender to God and His plans.

4. **Know the ultimate goal to achieve** - As Paul says in 2 Tim 4:8, "Now there is in store for me the crown of righteousness which the Lord, the righteous judge will award." there is going to be big honouring and rewarding day for all the soldiers of Christ and the joy of it will

last forever in Eternity. Daniel confirms God's rewards: "Those who are wise will shine like the brightness of the heavens and those who lead many to righteousness, like the stars forever and ever".

Escaping from eternal hell and helping others to escape needs a warrior spirit. Let not our ignorance of the enemy's strategy, the resources of God, the understanding of the battlefield, or the final reward - prevent us from winning the spiritual battle.

"Escaping from eternal hell and helping others to escape needs a warrior spirit. Let not our ignorance of the enemy's strategy, the resources of God, the understanding of the battlefield, or the final reward - prevent us from winning the spiritual battle."



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BROKEN BREAD



STRONGER THAN THE STRUGGLES

“But thanks be to God, who gives us the victory [as conquerors] through our Lord Jesus Christ.”

(I Corinthians 15:57, AMP).

The opening statement of the Bible is, “In the beginning, God created the heavens and the earth.” The words presuppose the existence of God (from eternity), who, in His wisdom, created everything in this universe by His Word. The Bible also teaches that Satan is a reality. Unfortunately, too many people underestimate him and his prowess, even going as far as to doubt his very existence. But the Scripture shows us how active and crafty he is. Ever since he lost his privilege and was cast out from God’s presence, he has been using his abilities to oppose God and His plans. 2 Cor. 4:3-4 says, “The god of this age (Satan) has blinded the minds of unbelievers so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.”

Satan’s most crucial ability is deception. He creates confusion, and the Bible calls him the father of lies. In the Garden of Eden, he enticed Eve to believe his lies and doubt God and His words. When given a choice to believe Satan’s lie or God’s words, she and Adam conceded to Satan’s lies. The result was sin, condemnation, and death. Death reigned over all people through Adam’s trespass, but God’s provision of grace and righteousness through Jesus Christ brought justification and life to all people (Rom.5:17-19).

“To all who believed in Jesus, God has given the right to become His children” (John 1:12). When a person is in Christ, no longer would sin control the person (Rom. 7:17-18) because the Spirit lives in him. Paul says that when we believe in Christ, we are stamped with the seal of the Holy Spirit for the day of redemption (Eph. 4:30), and the seal of the Spirit is a down payment guaranteeing

"When we offer ourselves to God, the power of the Holy Spirit and truth in God’s word will equip us to overcome the temptations of the Devil. And once we have stood through the temptation, we will be stronger."

our future inheritance until we get possession of it (Eph. 1:13-14). But we are responsible for continuously surrendering ourselves to the directions of the Spirit if we are to make advancements in our spiritual life.

Scripture warns us that our adversary, the Devil, prowls around like a roaring lion seeking someone to devour (1 Pet. 5:8), so we must always be well-balanced, self-disciplined, alert, and cautious. Though Satan has apparent power and abilities, he has limitations. He does not come anywhere near to the power of our God. He pretends to be a lion. But, in fact, he is a crushed serpent. Through His death, Jesus made Satan (who had the power of death) powerless (Heb.2:14). But, when we give him a foothold in our lives, he will entice us to sin and distract us away from God. He will flee if we resist him and stand firm in faith. The Bible illustrates the Christian life as a battle against sin and Satan. Paul in Ephesians 6:10-18 urges us to put on all of God’s armour to withstand all strategies and tricks of the Devil. When we draw closer to God, we distance ourselves from Satan. And the more time we spend meditating on the Word and prayer, the less likely we will fail. Psalm 19:8 says, “I am always thinking of the Lord, and because He is so near, I never need to stumble or fail.” When we offer ourselves to God, the

power of the Holy Spirit and truth in God’s word will equip us to overcome the temptations of the Devil. And once we have stood through the temptation, we will be stronger. Martin Luther said, “One Christian who has been tempted is worth a thousand who haven’t.” Scripture assures that God will not let us be tempted beyond what we can bear, but with the temptation, he will also provide the way of escape, that we may be able to endure it”. (1 Cor. 10:13). Therefore, in Christ, we are stronger than our struggles and more than conquerors.



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DEVOTIONAL

LIFE GIVING SWORD – THE WORD OF GOD

Atrue-believing Christian faces the enemy in day-to-day life. Spiritual warfare is a reality that is from an external force. I have heard many sermons on Spiritual warfare preached during fasting prayers or meetings. Fasting prayers are also considered as spending time with God with better focus and concentration.

The Bible declares that our enemy is not flesh and blood but the dark forces in the spiritual realm. Paul cautions the Ephesian Church that there is an element of danger in the Christian life if it is not dealt with seriously, as our battle is spiritual and not physical. And this battle is not ours, but it belongs to God. However, people seldom realise the need to fight against such forces and assume that it is ok to live an everyday life once they confess the name of Jesus. Many believing Christians are least aware of this spiritual battle, and they fight the physical battle with their flesh and blood, including their church believers and interpret it as fighting for God. They are unaware that if they don't choose to fight the spiritual battle, they are more vulnerable to evil than if they choose to fight.

Apostle Paul instructs the church to be aware of the spiritual forces of darkness and prepare themselves for defence against them. Paul affirms that the reason for putting on the full armour of God is so that 'you may be able to stand against the schemes of the devil.' He lists different weapons that can be used in this battle which are the resources for the Christian life. The last one on the list is the sword, the Word of God. Because it is the latest on the list, it doesn't mean it is the least. The Bible is called the Word of God. But here, Paul talks explicitly about the *sword of the Spirit*, to which he added further clarification: *which is the word of God*. Some scholars believe that Jesus promised His disciples that the Spirit

would put words into their mouths in moments of crisis to confront their adversaries. It is not just about the Bible from Genesis to Revelation, but the specific word God gives for the believer's use to engage the enemy. It is the *Rhema* word, spoken then and there. It is so particular to that occasion, like Jesus used the Scripture during the temptation. It is literally a saying of God from the Bible or words from God on that exact occasion. The enemy, Satan, will be driven away when we use God's word as the sword of the Spirit.

The Sword generally is used for cutting. It can kill and destroy. The sword of the world is an icon of destruction and bloodshed. But the sword of the Spirit, the word of God, gives life. It pierces the 'soul and spirit' (Hebrews 4:12). It is used here to emphasise the whole person, not two separate entities, as in other passages. Ultimately, God's word is active in a person's life; it gives life in abundance. One can enjoy divine comfort and peace through the ministry of the Word. However, Satan opposes every activity of God's word in all circumstances. The believer is expected to use the sword of the Spirit against all schemes of the devil. The use of God's word sharpens the understanding of the heart. A physical sword wears out with use, but the spiritual sword becomes sharper. God's word for a specific situation will always do its job. In Isaiah, God says, "... My word will accomplish what I have sent it for ..." It's not about mere preaching or general use of the scripture. It is about specific words from God in particular situations.

We have more sedentary people in congregations today. They make the study of God's word less meaningful and pay no attention to it. At times of trouble, they fall apart, not knowing God's word's true purpose and use. Many do not even realise that they have to fight a spiritual battle. Former generations were taught

sterner stuff in the churches and their study. But today, many churches neither take the study of God's word seriously nor do they promote the use of scripture in personal life. Today some believers don't carry the Bible to church meetings. All these show a sluggish attitude toward using the Word of God. God is seeking people who can fight their battles using the whole armour of God against the schemes of the devil. Use the sword of the Spirit, let life begin in every cut it makes, and let people be accessible by the power of God's word.

"God is seeking people who can fight their battles using the whole armour of God against the schemes of the devil. Use the sword of the Spirit, let life begin in every cut it makes, and let people be accessible by the power of God's word."



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Seen and Unseen Warfare



It is difficult to understand a threat that comes from unseen things. God warns us that the danger of spiritual warfare is genuine and that we should arm ourselves to fight this spiritual warfare. 1 Peter 5:8 says, “Be alert and of sober mind. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour”. There is good and evil. Who can see the difference? We live in a world with less differentiation between good and evil. The evils or sins of yesteryears are no more sins now. It has become more or less subjective.

In a world where physical battles dominate the headlines, there exists a realm beyond the material that often goes unnoticed—spiritual warfare. It is a struggle in the invisible empire, where supernatural forces clash and individuals are called to engage in a battle that transcends the physical. We should know the meaning of spiritual warfare, exploring its significance, nature, and strategies for victory. Long back, I had a dream after my classes on the book of Revelation, in which I studied the unseen spiritual realm. As I was in a deep sleep, I saw the angels stepping down from Heaven to the clouds and fighting with the evil spirits. We read that in Daniel 10:13, Daniel prayed to God. Though Gabriel, the Princes of Persia, delivered his request, his prayers were disallowed for days by satanic involvement. Satan is relentless in his attacking the saints.

The New Testament believers are similar to those in the Old Testament times. Indeed, the evil one has lost his power. James 1:15 tells us, “After desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.” It is wise to remember that whenever you are tempted and should you choose to give in to temptation, which leads to sin, you need to be advised that

sin can ultimately lead to death. But we should overcome this as we read in Hebrews 2:14: “Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil.”

Spiritual warfare is the conflict that occurs in the spiritual realm between the forces of good and evil. It is a battle that affects every human being, regardless of their awareness or belief in its existence. While the physical world can be seen and touched, the spiritual realm operates in the realm of unseen realities. It involves the interaction between God, angelic beings, demonic forces, and humanity. It is important to note that spiritual warfare is not a metaphorical or symbolic concept but a genuine reality with significant implications. The spiritual realm profoundly influences the physical realm, shaping events, thoughts, and the overall well-being of individuals.

Engaging in regular prayer and spiritual disciplines cultivates a strong relationship with God. The word of God is a powerful weapon in spiritual warfare. Moreover, faith in God empowers individuals to overcome fear, doubt, and discouragement. Finally, be strong in the Lord and His mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. Our struggle is not against flesh and blood but against the rulers, the authorities, the powers of this dark world, and the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God so that when the day of evil comes, you may be able to stand your ground and, after you have done everything, stand. Stand firm then, with the belt of truth buckled around your waist, the

breastplate of righteousness in place, and your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the spirit, which is the word of God. And pray in the shade on all occasions with all kinds of prayers and requests. With this in mind, be alert and always pray for all the Lord’s people. (Ephesians 6:10-18)

"Spiritual warfare is not a metaphorical or symbolic concept but a genuine reality with significant implications. The spiritual realm profoundly influences the physical realm, shaping events, thoughts, and the overall well-being of individuals."



Dr. Binu Daniel
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Dr. Binu Daniel is a management consultant, teacher, author, and educationist. He has written numerous articles in well-established English dailies on Economics and Management issues.



PHYSICIAN BURNOUT OP-ED

Dr Mark, a fresh graduate from medical school, was training as an intern resident in a large city hospital. At the end of a long call shift, he was looking for a place to sleep and could not find one. He got frustrated, shared his concern with his director the next day, and was waiting for a satisfactory response. The Director was defensive and told Mark that his training was even worse. Dr. Mark's experience is an example of an overworked, unsupported, burnout resident physician. Burnout is a long-term stress reaction in which healthcare workers lose satisfaction and a sense of efficacy in their work. This stress can be due to packed workdays, demanding pace, time pressures, and emotional intensity, which put healthcare workers at risk for burnout. Burnouts among healthcare workers, especially physicians and nurses, resulted in low staff engagement, low productivity, low patient satisfaction, increased risk of workplace accidents, and many leaving the profession. Recognising this epidemic in 2017, the Institute of Healthcare Improvement (IHI) developed a framework with nine components for improving joy in work.

More must be done, as physician burnout rates have been rising for the past five years. The Mayo Clinic proceedings say that about 6/10 physicians reported at least one symptom of burnout at the beginning of 2022, compared to 4/10 in 2017. The highest rates of burnout were

found among frontline workers such as primary care physicians, mental health, and emergency physicians. The COVID-19 pandemic fuelled the flame with overtaxed intensive care units (ICUs), a lack of personal protective equipment, and continuing mortality rates playing havoc with physicians' psyches. By 2025, it has been predicted by the US Department of Health and Human Services that there will be a shortage of 90,000 physicians due to physician burnout.

The impact of physician burnout is not only on physicians but also the employers and the patients they serve. The physician impact includes early retirement and leaving the profession altogether. In contrast, the effect on the employers has loss of revenue—the cost of recruiting and replacing a physician range from \$500,000 to \$1,000,000. Regarding the patients they serve, they do not want physicians who experience burnout to take care of them. Dr. Tawfik's study on 6880 US physicians showed that 10% of physicians reported that they committed medical errors when they were burnout. The study also reported that medical errors are shared among the overworked trainees, surgeons, anaesthesiologists, and interns in intensive care units when suffering burnout. Since burned-out physicians are more prone to committing medical errors, patient satisfaction reduces.

The factors responsible for physician burnout

include a) Invisibility – over a few decades, the small family-owned practices have merged into large multispecialty groups owned by the hospitals, which turned doctors from the owners of their practice into employees of large corporations. b) Time Pressures - More than half of the primary care physicians reported feeling stressed about the time pressures with patients. Besides time pressures, chaotic environments and low control over work pace were strongly associated with burnout. c) Electronic Health Records (EHR) - Implementing electronic health records (EHR) in the workplace also contributed to physician burnout. Many physicians enjoyed spending time interacting with their patients. With the EHR, they must spend half their time doing desk work entering information into EHRs. Thereby, highly social, and interactive professions became lonely, isolated, and dull. d) Other Causes – Other causes for physician burnout are long work hours (>80 hrs/week), work-home conflict, taking care of sicker or more demanding patients, constantly changing credentialing requirements, and pressure to learn new technology.

Several strategies have been identified and recommended to support physician well-being and satisfaction. a) Team-based care – The team-based patient care can reduce the factors that fuel physician burnout, such as time constraints, technology, and regulation. The team includes

medical assistants, advanced practice providers (APPs) such as advanced practice registered nurses (APRNs), and care coordination nurses. The team-based care improves practice efficiency and professional well-being. b) Support physicians experiencing burnout and related challenges – The physician association, licensing board, and hospitals should take appropriate treatment for physicians experiencing burnout. The state medical boards should adopt the Federation of State Medical Boards (FSMB) recommendations to enquire about physicians' mental well-being during medical licensure or renewal. This would prevent the stigma of self-care among physicians. Federation of State Physician health programs such as HAVEN (Health Assistance inter Vention Education Network for Connecticut health professionals) in Connecticut monitors healthcare professionals' substance use, mental health, behavioural health problems, and physical illness. This provides personal and confidential care for physicians seeking mental health care. This is particularly important for residents and medical students. c) Appointing a Chief Wellness Officer (CWO) - appointing a chief wellness officer to study the scope and severity of burnout in their institution and to report and disseminate

successful strategies within a professional community that could benefit physicians in hospitals, health systems, and affiliated practices.

Burnout among physicians is a public health crisis. It affects the physician's well-being, causing broken relationships, substance abuse, suicide, depression, and reduced productivity at work. If the issue is not managed well, the consequences of physician burnout affect physicians, healthcare organisations, and patients. Early recognition of the issues contributing to burnout and directing the physicians for interventions by supportive leadership can reduce burnout. Thus, if physicians and their organisations take responsibility for identifying and mitigating the issue of physician burnout, physicians' well-being can be restored.



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Dr Jeenu Mary Zacharias, DNAP (Doctor of Nurse Anesthesia Practice) CRNA APRN. Yale New Hospital.

"The impact of physician burnout is not only on physicians but also the employers and the patients they serve. The physician impact includes early retirement and leaving the profession altogether."

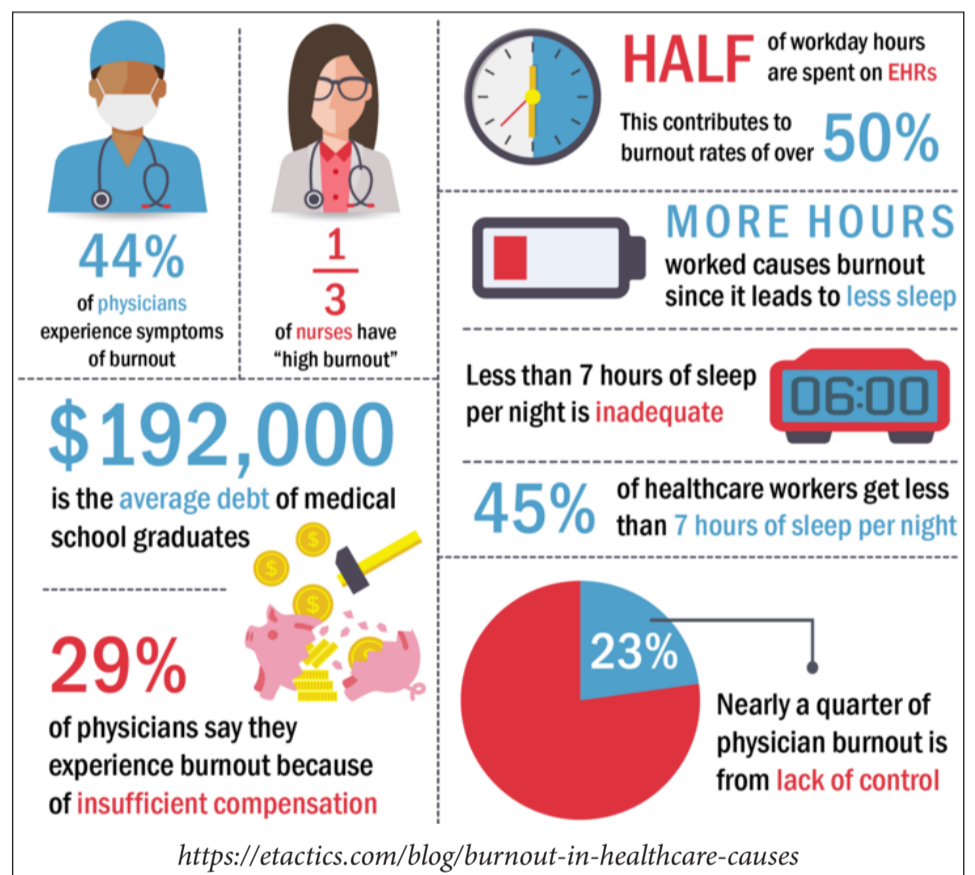
Dr Gaurav Gandhi



Jamnagar, Jun 7 (PTI) A 41-year-old well-known cardiologist in Gujarat's Jamnagar city, Dr Gaurav Gandhi, died after suffering a heart attack at his residence here, his family members and a colleague said .

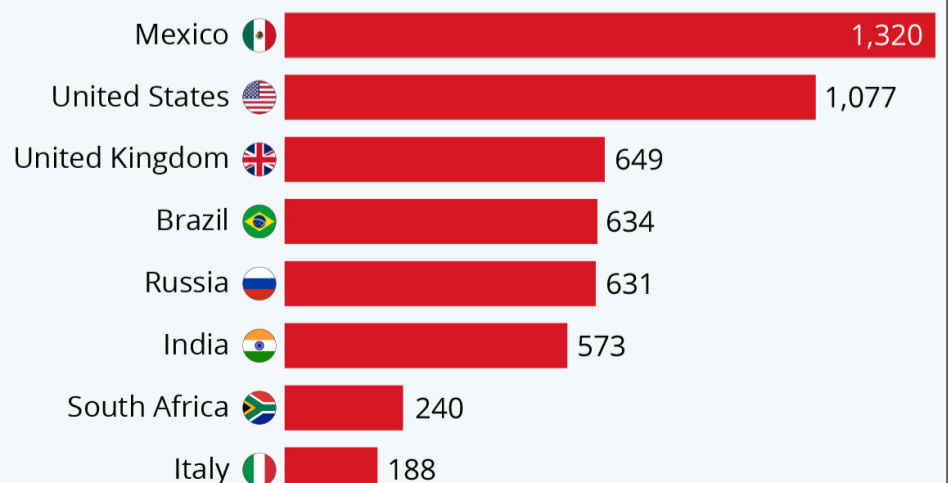
"He had performed a large number of heart surgeries," said Dr. H K Vasavada of Guru Govindsinh Government Hospital, where Dr. Gandhi had previously worked. "It is a matter of great shock and grief to the medical fraternity of Jamnagar that such a bright and young doctor is no longer with us. May his soul rest in peace," expressed Dr. Vasavada.

Dr. Gandhi had returned home on Monday night after attending to patients at Sharda Hospital. After having dinner. His family found him unconscious in the morning and immediately called for an ambulance. He was swiftly transported to hospital, where doctors made valiant efforts to revive him, but unfortunately, their efforts proved futile. Dr. Gandhi is survived by his elderly parents, wife, and two children.



Where Most Health Workers Have Died From Covid-19

Countries with the highest number of health worker deaths from Covid-19*



*As of September 03. Data represents a snapshot given that definitions of health workers and Covid-19 deaths vary between countries. Source: Amnesty International



Continued from Page 01

UNVEILING SPIRITUAL BATTLE:

An Encounter Beyond the Physical Realm

opponents, waged in close, hand-to-hand combat to pin down and defeat one's rival" (Shirer, 2022, p. 10). Therefore, engaging in spiritual warfare, a child of God fights against personal struggles, temptations, and all other negative influences that hinder spiritual growth.

Strategies and Tools of Spiritual Warfare

Unlike any physical battle, the spiritual struggle does not depend on any material arsenal (Ephesians 6:12). The arsenal of spiritual warfare includes praise, prayer, Faith, meditation, scripture, love, and discernment. *Fasting and prayer are required to fight the satanic kingdom. Prayer is a powerful means of communication with God, seeking guidance, strength, and protection* (Eph. 6:18).

Faith becomes the shield with which all the flaming arrows of the evil one are extinguished (Ephesians 6:17). Faith has the power to uproot

problems in life. Jesus said, "If you have faith, all difficulties can be solved, and even the hardest task can be accomplished." *Scripture reading and meditation* offer wisdom, guidance, and inspiration, empowering believers to stand firm in adversity and allowing individuals to align their minds and spirits, fostering a deeper connection with the spiritual realm.

Adopting a *virtuous lifestyle* that cultivates qualities such as love, compassion, humility, and forgiveness, individuals fortify themselves against the forces of darkness (Romans 12:21). In their research article "Spiritual Warfare: Victory over the Flesh and the World," S. Maxwell Coder and Bradley A. Friesen discuss the significance of living a virtuous life as a means of countering spiritual attacks and maintaining spiritual well-being (Journal of Spiritual Formation & Soul Care, year).

Spiritual warfare is not meant to be fought alone. Together, believers can overcome challenges, offer guidance, and unite against spiritual adversity. Joining a spiritual community provides support, encouragement, and collective strength. "It is not good for the man to be alone. I will make a helper suitable for him." (Genesis 2:18)

Conclusion

Spiritual warfare is a profound reality that goes beyond the physical and mental struggles we encounter in our lives. It encompasses a battle between opposing forces, the cosmic dimension of supernatural entities, and the internal and

external conflicts that shape our spiritual journey. Individuals can actively engage in spiritual warfare by embracing key strategies and tools, such as Faith and prayer, knowledge and discernment, virtuous living, and community support.

In conclusion, spiritual warfare calls us to be vigilant, prayerful, and discerning as we navigate the complexities of the unseen realm. By equipping ourselves with knowledge, relying on our faith, embracing virtuous living, and seeking support within a community of believers, we can actively participate in the ongoing battle between light and darkness, ultimately finding strength, guidance, and victory in our spiritual journey.

"Spiritual warfare calls us to be vigilant, prayerful, and discerning as we navigate the complexities of the unseen realm. By equipping ourselves with knowledge, relying on our faith, embracing virtuous living, and seeking support within a community of believers, we can actively participate in the ongoing battle between light and darkness."



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India inaugurates new parliament Building

Indian Prime Minister Narendra Modi inaugurated India's new parliament building in New Delhi on Sunday, part of a controversial \$2.4 billion revamp of the capital's historic centre that his critics have called a "vanity project." In a ceremony steeped in Hindu religious symbolism,

Modi installed the "Sengol," a symbolic sceptre, in the legislature's lower house. The gold-plated object was gifted to the country's first prime minister on the eve of India's independence from Great Britain in 1947.

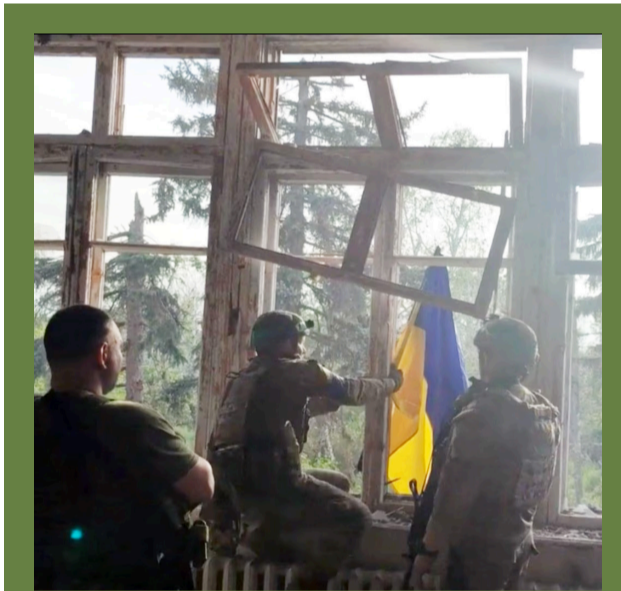
In keeping with his position as a leader intent on shedding India's colonial past, the prime minister gave an impassioned speech from inside the building, calling it a "temple" of the country's democracy and an "ideal representation of both the modern and ancient."

World News



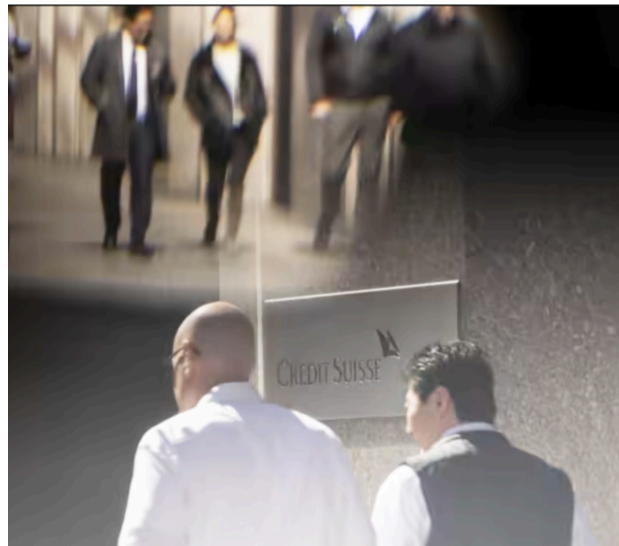
UN Chief Guterres backs proposal to form watchdog to monitor AI

The United Nations secretary-general has warned that artificial intelligence (AI) is being used to spread disinformation and hate, as he backed a proposal to create an international watchdog to monitor the technology. Speaking at the launch of a new policy on disinformation on Monday, Antonio Guterres said that while technological advancement has been used for some good, the risks posed by AI threaten democracy and human rights. Guterres said he backs a proposal by some artificial intelligence executives to create a watchdog body similar to the International Atomic Energy Agency (IAEA). Generative AI technology – which can perform natural language processing tasks such as answering questions, summarising text, and even generating lines of code – has captivated the public since ChatGPT launched six months ago. AI has also become a focus of concern over its ability to create misinformation and deep fakes, which are AI-generated images and videos that mimic people.



Ukraine counter offensive ongoing

Ukraine's top military command said on Monday (Jun 12) its forces were engaged in heavy battles in frontline hot spots, a day after Kyiv said it had made the first modest gains in reclaiming territory from Russia as part of its counter-offensive. About 25 battles had occurred over the past day near the eastern town of Bakhmut. Further south near Avdiivka and Maryinka, all in the Donetsk region, but also near Bilohorivka in the Luhansk region, Ukraine's armed forces general staff said. After months of building expectations, Ukrainian President Volodymyr Zelenskyy confirmed on Saturday that a counter-offensive against Russian forces had begun. Then on Sunday, they announced the recapture of the three villages, the first significant gains in the new campaign.



UBS completes takeover of Credit Suisse

UBS announced Monday (Jun 12) that it had finalised the takeover of its former rival Credit Suisse, clearing the way for the Herculean task of integrating two of the world's most important banks. The mega-merger of the biggest banks in Switzerland will be closely watched by clients, employees, politicians and regulators. The merger will be complex both technically and politically, resulting in a megabank bigger than anything Switzerland has seen before - a size that has political leaders worried. Thousands of jobs could be lost due to overlapping operations.

SILVIO BERLUSCONI, FORMER ITALIAN PM AND MOGUL, HAS DIED



The death of Silvio Berlusconi, who was often called "Teflon Don" for his capacity to survive the scandal, ended an era of Italian politics. It was an era marked more by gaffes than substance. From his entrance onto the Italian political scene in 1994, he defined the art of man before country, putting himself and his agenda ahead of the good of the people. On countless occasions, Berlusconi changed legislation to lengthen statutes of limitations and rewrote the criminal code to escape prosecution. When he was accused of crimes, it only bolstered his base. No other Italian politician has been voted into office as often as Berlusconi. Likewise, no other Italian politician has been under criminal investigation - or convicted - as often as he was.

World News

'Speedy trial' promised by the special counsel in the Trump case may not go so fast.

June 13: U.S. Special Counsel Jack Smith has said former President Donald Trump will have a "speedy trial" in Miami on a 37-count indictment charging him with willfully retaining classified government records and obstructing justice. But the complexities of handling highly classified evidence, the degree to which Trump's legal team challenges the government's pre-trial motions, and how the judge manages the schedule could all lead to a trial that is anything but swift, legal experts say. "In every case that I had involving classified information, we never had a speedy trial," said Stephanie Siegmann, a former chief of the national security unit of the U.S. Attorney's Office in Boston, who noted that the evidence-sharing process with Trump's defence team known as discovery could potentially take a year. "This case will be designated complex because it involves classified information," added Siegmann, now a partner with Hinkley Allen. The U.S. Constitution guarantees criminal defendants the right to a speedy trial, and defendants in federal cases can have a trial start as soon as 70 days from the time they are indicted. But in most criminal cases, both sides can agree to pause that clock to give them more time to prepare. Delays could be troublesome for Trump, who is currently the Republican front-runner for the 2024 presidential election and may not wish to have the trial looming as the elections approach. At the same time, his lawyers may want to delay the process for legal or political reasons by lodging objections at each step - a tactic he has used in the past.

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