

A HEALTHY LIFE

OUR FEATURED MINISTRY PARTNER THIS MONTH is *Steve Uppal*, pastor of *All Nations Church in Wolverhampton* and leader of the *All Nations Movement*, a growing network of churches and ministries across the UK and beyond. Steve is the host of the TBN UK programme **Healthy Life**, which airs Fridays at 6:35 p.m., and repeats Saturdays at 11 a.m. and Mondays at 2:30 p.m. His previous TBN UK series, **Church Awake**, is available for viewing on-demand at www.tbnuk.org/vod/watch/church-awake.

MY NAME IS STEVE UPPAL AND, ALONGSIDE MY WIFE ESTHER, I SERVE AS SENIOR PASTOR OF THE MULTI-CULTURAL AND MULTI-CAMPUS ALL NATIONS CHURCH.

I am also privileged to lead the the growing All Nations Movement, which gathers churches and leaders together with the vision of turning nations back to God through prayer, church planting, and equipping leaders.

Nearly twenty years ago I found some foundational areas of my life veering out of control. One of the main areas was my physical health: I was overweight, not exercising and not eating healthy, and for that reason I suffered from a number of illnesses.

On top of that, I had the sense that my daily life was simply happening to me and I was along for the ride, rather than me being in control and living my life intentionally.

Through prayer, God's Word, and establishing a more disciplined lifestyle, I found that I was able to change those destructive habits and trends, establish some rhythms into my life, and experience a real lifestyle turnaround. It happened through me intentionally pursuing a healthy life in every area — spiritual, emotional, physical, and relational — and two decades later the rewards continue to be priceless.

That is what my new TBN UK programme, **Healthy Life**, is all about: helping you find the proper balance and discipline in every area of your life. Whether it's your spiritual walk with God, emotional health, healthy relationships, or your physical well-being, **Healthy Life**

will encourage and inspire you toward the victorious, joyful, and satisfying daily life God created you to enjoy. Each programme is filled with encouragement and inspiration, along with tried and tested practical steps that will help turn your efforts into the type of action that brings successful change.

Esther and I have four children between the ages of 13 and 20, and they have joined us in producing these invaluable programmes, as together we seek daily to live a lifestyle that is healthy in every way.

We are so thankful to **TBN UK** for helping us to produce the **Healthy Life** series and to broadcast these helpful programmes into the homes of viewers across the United Kingdom. This network is truly bringing light and life to individuals, families, and communities across the UK.

ENTER THE
**PRIZE
DRAW**

TBN UK SURVEY 2019

We have listened to your feedback from last year and we've updated our schedules as a direct response to your survey submissions. We've now relaunched our survey for 2019, so please visit tbnuk.org/survey and let us know how we can help you grow in your walk with God.

Remember, we draw a random winner from **those who have entered**, each week on *Partner Time*, to receive some exclusive TBN UK prizes.



What type of programmes do you like watching the most?



What is your favourite UK programme?



What is your favourite international programme?



What genre would you like to watch more of?



What is your favourite youth programme?



What is your favourite children's programme?



NEW ON TBN UK



AT HOME WITH GOD

Wednesdays at 8:30 p.m., repeated
Fridays at 2:30 p.m., Sundays at 6 a.m.,
and Tuesdays at 11:30 a.m.

Children's pastors Olly and Helen
Goldenberg join special guests and parents
to discuss how we can help our children
grow in their faith at home.



MIKE & ANDY'S ROADSHOW

Fridays at 8:30 p.m., repeated Saturdays
at 11:30 a.m., Tuesdays at 8:30 a.m.,
and Thursdays at 3 p.m.

Evangelists Andy Croft and Mike Pilavachi
hit the road with interviews, testimonies,
and worship from the 2018 Naturally
Supernatural Conference.



AWAKENINGS

Mondays at 6 p.m.,
repeated Wednesdays at 11:30 a.m.
and Saturdays at 11 p.m.

Join Pastor Jon Colyer of Gateway
Christian Centre in West Bromwich
for a weekly time of refreshing in the
Word of God.

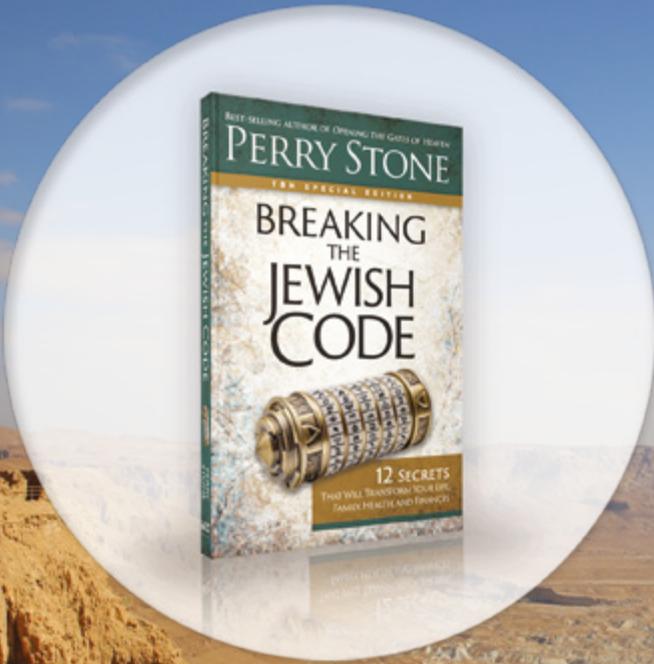


A ROYAL PRIESTHOOD

Sundays at 9 p.m., repeated Mondays at
11:30 a.m. and Wednesdays at 3 p.m.

Reverend David Peterson
brings a joyful and refreshing word
about how God works today.

OUR GIFT TO YOU THIS MONTH



Author Perry Stone reveals the secrets of success that God's chosen people have known for over three thousand years.

Learn how God's Hebrew covenant of feasts, Sabbath, and more can be used to claim health and abundance for you and your family.

Receive a copy of this month's gift as a thank you for your partnership.

Every day you're helping us fill homes and hearts with life-changing programming for the entire family.

Just as our bodies need a daily balanced diet of healthy, nutritious foods, in the same way our souls and spirits need a balance of biblical worship, teaching, encouragement, and inspiration. Thanks to your ongoing prayer and partnership, TBN UK is producing and airing a broad range of content that is nourishing the spiritual lives of viewers across the United Kingdom and beyond. Here's how you can contact us:



Online
tbnuk.org
info@tbnuk.org



Phone
 0208 208 5680 (Donations)
 0208 208 5688 (Prayer)



Mail
 226 Church Road,
 Willesden, London,
 NW10 9NR



Text
 TBNUK to 70004 to make a £5 gift,
 TBNUK£10 to 70004
 to make a £10 gift

"I have been struggling to understand what it means to hear God. Now I know and badly want to read my Bible, meditate on God's Word, and live closer to God. Thank you TBN UK for outstanding teachers. You are such a blessing to me." — Steph

**Thank you, dear friend and partner,
 for helping us cover the UK with God's
 message of hope and grace.**

©2019 Trinity Broadcasting Network. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of TBN.

