



Teenspiration

MARCH 2026



**ANTICIPATING WAVES
OF MIRACLES AND SALVATION AT THE
HEALING STREAMS LIVE HEALING SERVICES**



THE SUPER-LIFE OF CHRIST IN YOU

**“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”
(2 Corinthians 5:17)**

Life in Christ is a super life, a daily expression of victorious and triumphant living! You have to understand that when the Bible says old things are passed away, it refers to the old nature that was subject to sin, defeat, sickness, failure, and death.

When a person receives Christ and becomes a new creation, he's not the same person as the one born of his parents. Even though he has the same body, the life in him now is not the one that came from his biological father.

Romans 6:4 says, “**Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.**” This term ‘newness of life’ is from a Greek word that means “newness in quality.” It is an expression that

describes a different kind of life, different in type and quality from human, animal, or plant life. It doesn't refer to or suggest a renewed life in terms of what was there before being reworked, refurbished, or renovated. It's a brand-new, indestructible life!

This is why a new creation cannot be sick. The man who was subject to sickness is dead, and in his place is a new man who carries the incorruptible, invincible life of God. When others are cast down, you declare that there's lifting because you operate by the principles of God's Kingdom. Everyone around you may be catching the flu, but you don't because the divine life is at work in you. **1 John 4:4** says, “... **greater is he that is in you, than he that is in the world.**”

You have received a new life and have been made a new creation. When you understand this truth, sickness and failure will no longer be part of your life. This is because these are all products of the old nature: Adam's fallen nature.

The reason some Christians live in defeat, fear, sin, poverty, sickness, and disease is that they live in the past. They haven't entered into the reality of the new life. They haven't understood that this new life is a super life, void of struggles, failure, sickness, and disease.

Christianity is a life of dominion. The Bible says in **Romans 5:17**, “**For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.**” God never fails, and He hasn't changed. Jesus Christ is the same yesterday, today, and forever (Hebrews 13:8). What He did in Bible days, He's able and willing to do today. Ask Him to help you today. He specializes in doing good things for His children. Healing and health are yours!

Maybe you've been sick and the doctors have given up on you. Hey! I've got news for you: God desires above all else that you rise from that sickbed! He wants you healthy and prosperous. Refuse to accept anything contrary. He has given you divine, perfect health. It's your right.

You reign over sin, sickness, death, and every circumstance of life. God has blessed you. That blessing is a special endowment, a divine elixir that causes you to do well and excel in life. It's a mark of the people of Zion; it differentiates and separates them unto greatness, health, and excellence. Glory to God, you're a new creation in Christ Jesus. You're made for the super life. Hallelujah!

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PRAYER OF SALVATION

If you want to make Jesus Christ the Lord of your life, say this prayer, believing with all your heart:

“O Lord God, I come to You in the Name of Jesus. I believe that Jesus Christ is the Son of the Living God. I believe that God raised Him from the dead, and I confess that Jesus Christ is the Lord of my life from today. I receive, by faith, the remission of sins for my soul. Right now, in the Name of our Lord, Jesus Christ, I receive eternal life into my spirit. I am born again!”

If you've just said the prayer, please send an email to info@httnmagazine.org. God bless you.



Join the conversation and share your impact stories and testimonies with us

@teenspiration and @teenspirationmag on KingsChat.



ANTICIPATING WAVES OF MIRACLES AND SALVATION AT THE HEALING STREAMS LIVE HEALING SERVICES

It's the month of March, and you know what this means: it's time once again for the power of God to flow throughout the earth, unleashing a torrent of healing miracles and a wave of salvation. In every nation, city, and hamlet, a massive army of God's people is getting ready to take the healing power of the Gospel of Christ to the last man, and YOU are part of that army. In your sphere of contact, you have people who are sick, sad, and frustrated, and all they're waiting for is the manifestation of the sons of God. They're waiting for you!

Mateo Barbey was 11 years old when a playground accident blinded his right eye and left him with headaches and dizzy spells for eight long years. Then, in 2023, a friend led him to Christ and convinced him to participate in the Healing Streams from his home in Switzerland.

Describing his experience, he said, *"I heard the Holy Spirit say to me, 'Just do what the man of God says.' So I put my hand on my right eye and began praying along with the man of God. When he said, 'The devil is cast out from your body right now,' I opened my right eye, and I could see perfectly."*

Like Mateo's friend, you are the key to someone's miracle, and you've got work to do.



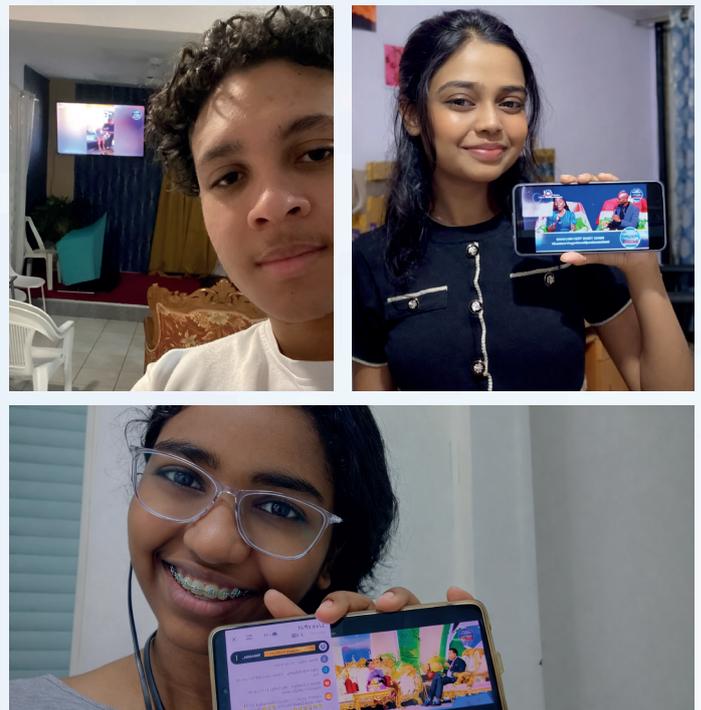
Mateo Barbey

SET HIGH EXPECTATIONS

As the big day approaches, you need to set clear targets: the kind of miracles you want to see and how many lives you want to change. From nation to nation, from continent to continent, young teens are abuzz with anticipation, and their expectations are astronomical.

Tiana from the USA enthuses, *"At this Healing Streams, I am ready to see so many people get healed. I know that as a result of this program, there will be a very big increase in the Kingdom of God. There's going to be a birth of new churches and fellowship centers. And many will come to understand God's liquid love for them."*

Joy from Spain, who looks forward to receiving a touch from God, tells us: *"For this edition of Healing Streams, I'm ready to receive miracles. And those expecting a miracle should know their set time is now."*





YOUR C.O.M.P.L.E.T.E. ACTION CHECKLIST

The March 2026 edition of the Healing Streams Live Healing Services is just days away, and young people everywhere are spreading the word like wildfire. They are fearless, faith-filled, and fired up to take healing everywhere through the Healing Streams, so it's time to take a stand with the C.O.M.P.L.E.T.E. mandate, and you should get in on the action. Here's how!

C — Crusades & Strategic Centers

Gather your people around. You can host a crusade in your dorm room with nothing more than an internet-connected laptop or even a smartphone. Even better, you can reach beyond your immediate environment with virtual centers.

O — Outreaches

Arm yourself with Healing to the Nations magazines, flyers, and digital invitations. Take news of the Healing Streams to classrooms, bus stops, cafeterias, and online communities. No place is off-limits. Everywhere you go is yours to dominate with the Gospel.

M — Missions

You have a mission: to tell every single person in the world that Jesus heals and saves today! Go into the hinterlands, into those streets nobody seems to think about, and those villages people seldom visit. That last man could just be there waiting for you.

P — Penetration and Saturation

Study groups, gaming communities, after-school clubs, sports practices—these are some of the places where you have unique access. You might be someone's last hope of receiving the good news, so be bold and don't hesitate to preach to anyone and everyone. Fill every space you find with the Gospel of Christ.

L — Languages

For the Gospel to be effective, people must hear it in their language, so we translate Healing Streams and the Healing to the Nations magazines into every language. You can sponsor the translations or sign up to translate. Make sure no one is left out.

E — Engage Children, Teens & Youth

Beyond communicating the healing message to your peers, engage everyone you meet. You can hold craft events for children or career talks and sports outreaches for teens. In all you do, however, be sure to get them registered for the Healing Streams.

T — TV, Radio & Social Media Broadcasts

Did you know that you can make the Gospel trend? Whether it's on mainstream media or social media, make sure everyone hears about Healing Streams. Display your creativity with social media content and sponsor paid ads on the internet, TV, and radio.

E — Effective HERALDs

Everyone is a herald. With the HERALD platform, you can apply the 4 Ps (Prayer, Publicity, Penetration & Saturation, and Partnership) and the COMPLETE mandate accountably. Go to wappstore.com now to download the HERALD app.



It's the final count-up to the Healing Streams Live Healing Services with Pastor Chris, happening from March 13 to 15, 2026. Step out boldly to make impact that matters. Visit healingstreams.org now for more information.



My Desire for the **FATHER'S HARVEST**

Submitted by Chioma

Ever since I was a young child, my deepest desire has been to be part of the Lord's work on earth. I desired to be effective for the Lord, to make a real impact, to touch lives, and to stand boldly for the Lord at all times. All I ever wanted, all I ever thought of, was what the Lord could do with me, even at such a young age.

What followed that deep yearning were countless days, weeks, and months of unceasing prayer on my lips, tears in my eyes, and a great passion burning in my heart to please the Lord with my life. Thanks be to God for the integrity of His Word and the orchestration of the Holy Spirit!

Incidentally, I was not a bold child. I suffered from very low confidence and was often anxious and fearful. That lack of boldness remained a stumbling block to me until I came into contact with the ministry of the man of God, Pastor Chris. Under his tutelage, I was transformed into another person, and my yearning to please God was now coupled with an amazing boldness to go out and do things.

During the COVID-19 period in 2020, I encountered the Healing School Translator's Network. I was just 13 years old. It's extraordinary what God can do with what you already have and how He multiplies those talents



beyond your imagination. I'd always loved languages and I wanted to learn new ones. That was one thing the Lord used to impact my world and beyond.

First, I started translating the Healing to the Nations Magazine into Spanish and Catalan each month. From there, I progressed to translating live programs when the Healing Streams Live Healing Services started. That was just the beginning of the countless miracles that would be wrought because of my desire for the Father's harvest.

After this, I was further emboldened and started using the Healing to the Nations Magazine to reach out to people in my locality. I shared the Gospel with them, bringing the good news of divine health and salvation in Christ. The very thing I had prayed and cried for in my little room several years ago was coming to pass before my very eyes, exactly as I had hoped! I have become a conduit of healing to my world.

The more I persist in the work, the more amazing opportunities keep coming to me, and the more testimonies rush in like a flood. I have testimonies of people who had never heard of the Gospel or the ministry of the man of God, Pastor Chris, before I met them. Now, they live glorious lives free from the directionless darkness of the world.

There are testimonies of people whose physical bodies were healed—broken bones restored and damaged lungs healed—right in the middle of the street while I was distributing the Healing to the Nations Magazine and Teenspiration Magazine.

With boldness, I have invaded several places I never imagined I'd enter, all for the Gospel of my Lord, Jesus Christ. I was protected from a car accident because I translate the Healing to the Nations Magazine, and I possess and enjoy perfect health as a result of the healing ministry of Pastor Chris.

As a teenager who lives every day for Christ, I can tell you that there's nothing more fulfilling than serving the Lord from a tender age. It has molded my life in more ways than I can describe. As is my custom, I am preparing for the March edition of the Healing Streams by distributing magazines, setting up healing centers, and getting ready to translate the program.

If you're reading this, it means you are a co-laborer in the harvest. It's our Year of Manifestation, and the race to the last man is on. It's time to join the race. Step off the sidelines and run to win. This season, give expression to the grace and ability of God at work in you. Manifest!





YOUR SUPERPOWERS IN CHRIST!

Dear Teen, God didn't call you to live an ordinary life. You were born into the supernatural, into a life where miracles, boldness, wisdom, and divine advantage are your everyday reality.

These scriptures reveal who you truly are. As you meditate on and declare them, you will walk in the same superpower that moved through Bible heroes and changed nations.

Philippians 4:13 (NKJV) – “I can do all things through Christ who strengthens me.”

My Superpower: I can do all things by supernatural strength and empowerment. I am strong in the Lord! I accomplish everything God has called me to do with excellence, confidence, and ability.

Luke 10:19 (NIV) – “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”

My Superpower: I am untouchable and indestructible because I walk in total divine authority every day. Darkness, fear, and negativity have no hold on me.

Isaiah 41:10 (CEV) – “Don't be afraid. I am with you. Don't tremble with fear. I am your God. I will make you strong, as I protect you with my arm and give you victories.”

My Superpower: I am never alone. I live boldly because God is always with me. I am fearless and unstoppable.

Mark 9:23 – “If you can believe, all things are possible to him who believes.”

My Superpower: I can achieve anything because all things are possible for me. My faith gives me limitless possibilities. Always, I expect miraculous

manifestations and supernatural results because the Greater One lives and moves through me.

Romans 8:37 – “...in all these things we are more than conquerors through him that loved us.”

My Superpower: I am more than a conqueror in every situation. I always win. I overcome pressure, challenges, and obstacles with grace and victory.

Romans 8:28 – “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

My Superpower: Everything in my life works together for my good, and all things are aligning in my favor because God is orchestrating my success every single day.

Ephesians 3:20 – “Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.”

My Superpower: God's power works in me to produce extraordinary results. God's power is active in me right now. I live in abundance, impact, and supernatural overflow.

DAILY STUDY & AFFIRMATIONS

Your superpowers activate as you know and speak them. So, here's your daily challenge:

- Spend time every day studying the Word.
- Discover who you truly are in Christ.
- Speak your confessions boldly.
- Walk in the supernatural life that God has already given you.

Your world needs the champion inside you. Arise and live your superpowered life in Christ!

Find inspiring content, amazing Scriptures, and more at www.teenspiration.org

LIVING BEYOND YOURSELF

Your true purpose is revealed when you embrace responsibility. As a teenager, God has called you not just to believe, but to participate. As you grow, you serve in the Lord's house by carrying His vision with excellence. Living beyond yourself begins when service becomes more than an activity and transforms into a way of life.

Ecclesiastes 12:1 (AMP) says, **“Remember [thoughtfully] also your Creator in the days of your youth [for you are not your own, but His]...”** Being young in years gives you a unique opportunity to live consciously and purposefully for God. To “remember” your Creator means to acknowledge Him in your choices and priorities. It means choosing service because you recognize that your life belongs to Him. When you give God your heart, time, and strength, you align yourself with His purpose.

Service is a Gateway to Purpose

Serving in God's house is a sacred opportunity to participate in God's work on the earth. Scripture reminds us, **“And whatsoever ye do, do it heartily, as to the Lord, and not unto men” (Colossians 3:23)**. This instruction elevates every act of service, no matter how small, into an expression of love, reverence, and worship toward God.

When you understand this, it will change your perspective. Your work in God's house becomes an honor rather than an obligation. Excellence in service reflects a heart that values God and recognizes His worth. Through such service, you'll begin to understand that your life carries meaning far beyond yourself.

Excellence as a Lifestyle of Service

The Kingdom of God demands excellence, and service is one of the first places where excellence is cultivated. As you serve diligently, you learn the discipline of preparation, the importance of consistency, and the value of punctuality. These are not just “church” habits. They are life skills that shape the future.

Your excellence in service shows spiritual maturity. When you give God your best, He increases you.

He expands your capacity, sharpens your wisdom, and positions you for greater influence. What begins as simple service becomes the training ground for leadership, responsibility, and impact.

Growing Through Service

Service in God's house is one of the strongest catalysts for spiritual growth. The Bible exhorts believers to be **“not slothful in business; fervent in spirit; serving the Lord” (Romans 12:11)**. Through consistent service, you cultivate fervency—that burning passion for the things of God that keeps your faith alive and active.

As you serve, you become more attentive to God's voice, more sensitive to the leading of the Spirit, and more committed to God's agenda. Service teaches you humility, patience, teamwork, and submission to spiritual authority—qualities that are essential for maturity in Christ. Service is not a burden; it's a divine training ground. In serving, you'll discover your gifts, refine your character, and learn how to function effectively within God's plan.

The Honor of Serving in God's House

Serving God is a divine privilege. **Psalm 100:2** says, **“Serve the Lord with gladness...”** Service is an act of worship and it should be with joy. When you serve willingly and joyfully, you align yourself with God's purpose and become an active partner in advancing the Gospel.

Whether through music, ushering, soul winning, or media, your service connects you to something greater. God never overlooks faithful service, and He never forgets the labor of His children. Those who serve early are often those He entrusts with greater responsibilities later.

In Conclusion

Living beyond yourself means choosing purpose over convenience and impact over comfort. It means understanding that the greatest life is not the one focused on personal gain but the one poured out for God's glory and the blessing of others. Service in God's house prepares you for a life of relevance, influence, and spiritual excellence.

FOOD CHOICES

THAT LOVE YOU BACK

What if the food you eat could hype you up, keep you focused, boost your mood, and help your body perform at its best? Good news—it can. The truth is that every bite you take is either building you up or slowing you down, and learning how to choose foods that “love you back” is one of the smartest things you can do as a teen. No diets. No pressure. Just simple, tasty choices that help you feel your best every day.

1. Why Your Food Choices Matter: As a teenager, your body is growing, your brain is developing, and your energy demands are higher than ever. That means food isn't just about taste; it's about fuel. Foods that love you back help you stay energized through school and activities, improve focus and memory, strengthen your immune system, support healthy skin, hair, and mood, and maintain a healthy weight naturally.

2. Eat the Rainbow (Literally): The more colorful your plate, the more nutrients you're giving your body. Every color brings its own body benefits.

- 🟡 Yellows for energy: bananas, corn, pineapples
- 🍅 Reds for heart health: tomatoes, strawberries, peppers
- 🟢 Greens for immunity and strength: spinach, broccoli, cucumbers
- 🟠 Blues & purples for brain power: blueberries, purple cabbage
- 🍊 Oranges for glowing skin: carrots, mangoes, oranges

3. Smart Swaps That Make a Big Difference:

You don't need to overhaul your entire diet, just make smarter choices. Swap soda for flavored water or smoothies, chips for nuts, white bread for “whole grain” bread, candy for fruit or yogurt bowls, and fried snacks for grilled or baked

options. Little changes create big results without sacrificing flavor.

4. Don't Skip Meals: Skipping meals doesn't help your body; it confuses it. When you eat regularly, your energy stays steady, your brain works better, your mood stays balanced, and your body avoids cravings for sugary, quick-energy snacks. Breakfast, lunch, and dinner don't have to be fancy; they just need to be balanced.

5. Snacks That Actually Give You Energy:

Here are some quick snacks that give your body a boost: apple slices + peanut butter | yogurt + granola | nuts | hummus + crackers | a smoothie with fruits & milk | a boiled egg + fruit. Snacks shouldn't make you sleepy; they should power you up.

6. Stay Hydrated: Water is essential for clear skin, better digestion, strong focus, and less fatigue. Carry a reusable bottle and refill it as needed. Sip throughout the day, not just when you're thirsty.

7. Know What Your Body Is Telling You:

Your body speaks. Learn to listen. Food is fuel and feedback. Feeling sluggish? You may need more water or protein. Breaking out? Maybe more fruits and veggies. Feeling moody? Try foods rich in omega-3s or whole grains. Always tired? Eat more iron-rich foods like spinach or beans.

Every meal is a chance to give your body what it needs to thrive. It's not about perfection; it's about balance. You don't have to eat “healthy” all the time. Enjoy your favorite meals, your weekend treats, your comfort foods. The goal is balance, not restriction. When you pick foods that love you back, you will definitely feel the difference.

SPEAK LIFE & HEALTH



“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life” (Proverbs 4:20-24).

Don't let just anything come into your heart; only accept the Word of God. This is vital because you can't give what you don't have. You can't speak forth God's Word if you don't have it in you. Let the Word of God fill your meditations. The result will be that your words will become consistent with what God's Word says.

You can't meditate on the Word of God long enough without it changing the way you think and talk. It will fill your heart with faith and remove contrariness from your tongue. Jesus said, **“If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you” (Matthew 17:20).**

PROCLAIM BOLDLY

Christ lives in me; His life and immortality have been unveiled through me! I am a partaker of the God-life, a life that is superior to sickness, disease, death, and the devil! I walk in dominion today over everything associated with darkness, for I dwell in the realm of light and life.

I am in control and in charge. I only give expression to the workings of the Holy Spirit in my life and body. Jesus is the Lord of my life; therefore, I live in dominion over sin, sickness, infirmity, and every opposing force.

I recognize and take hold of my divine right to live in health, prosperity, victory, success, dominion, and excellence! I reign and rule over circumstances and align all situations with God's Word. Every day of my life is full of God's glory, beauty, and excellence.

Divinity dwells in my physical body. I am a new creation, not subject to the elements of this world. I live the transcendent, divine life, and it flows in every fiber of my being, every cell of my blood, and every bone of my body.

The life of God in me makes me immune to sickness. I live victoriously over sickness and disease. With

God's Word in my spirit, I have triumphed gloriously over Satan and the systems of this world. I am a victor! Glory to God!

I have authority over all things. Whether life, health, peace, prosperity, wisdom, or success—all things are mine. I've got life in my bones, health in my organs, and agelessness in my body. I enjoy abundant blessings because all things work together for my good.

God Almighty is my defense and fortress. Satan has nothing in me because I am full of the Holy Spirit at all times. I have a wholesome tongue, and my words shape my life according to God's perfect will. Therefore, I walk in divine health every day.

Eternal life flows from my spirit and permeates my soul and body. No sickness, disease, or infirmity can dwell in my body. I live a successful, healthy, glorious, and victorious life in Christ Jesus because I am one spirit with Him.

I am a partaker of God's nature. Always, I enjoy a life of good health, peace, and prosperity as I walk in the full blessings that Jesus wrought for me and delivered when I received salvation. Glory to God!



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