



Teenspiration

NOVEMBER 2025

**GOD'S WILL
FOR YOU**

~ Pastor Chris

**FIRE ON
THE BUS**



**IT'S TIME TO
LEVEL UP**

GOD'S WILL FOR YOU

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee...for I am the LORD that healeth thee” (Exodus 15:26)



God desired so much to show Himself strong on behalf of His children that He declared Himself to be their Healer. He said that if they obeyed His laws and commandments, He'd put none of the diseases that came upon the Egyptians on them (Exodus 15:26b).

In Numbers 21, we find another demonstration of God's will for His children to dwell in health. The children of Israel had been bitten by serpents in the wilderness, and the Bible records that God told Moses to make a brazen serpent so that anyone who looked at it could be healed.

All those who looked at the brazen serpent were healed instantly. This foreshadowed Christ's death on the Cross for the salvation of mankind.

It's God's will that you live in health. God anointed Jesus and sent Him to heal all who were oppressed by the devil (Acts 10:38). God is the Healer. It's the devil who makes people sick, but God heals and makes them well!

Nature itself presents undeniable proof that God desires His children to walk in health. The human body, for example, possesses an inherent ability to keep itself healthy; God made it that way. The human immune system, which fights sickness, was put in man by God; as such, the entire body always seeks to keep itself balanced and ailment-free.

For instance, if you take in too much sugar, your body will produce more insulin to reduce it. If bacteria get into your body, white blood cells are released to fight it.

As you learn God's Word, you gain insight into reality and become acquainted with His true nature and His boundless love for you! Sickness is not from God. Indeed, evidence abounds in God's Word and all around us that divine health is God's will for you.

CONTENTS

04 Kelly's Transformation

09 Fire on the Bus

10 Screen Time Balance

11 Speak Life & Health



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, 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.



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Kelly's TRANSFORMATION



For 16-year-old Kelly Carvaiho from the United Kingdom, life took a sudden turn in May 2024. What began as a normal day ended with a collapse that shook her world. Out of nowhere, her legs trembled uncontrollably until she fell to the ground.

Doctors soon diagnosed her with seizures and leg trauma. From that moment, daily life became an uphill battle. Walking was difficult, climbing stairs seemed impossible, and concentrating on her studies slipped further from reach. Even the simplest tasks left her drained, and frustration quickly gave way to despair.

Hope came when Kelly participated in the Live Healing Services with Pastor Chris. As the man of God ministered, he prayed for her case, and right there, Kelly experienced a miracle. Strength surged into her legs, and she stood, walking normally for the first time in months.

The change was undeniable. Today, Kelly walks with ease, climbs stairs effortlessly, and even bends freely to touch her toes—simple movements that once felt out of reach. Her body was fully restored, but even more, her spirit was lifted. She gained renewed confidence, peace of mind, and the freedom she had longed for since the onset of her condition.

Now back in school, Kelly is excelling in her studies, full of joy and vitality. Her testimony is a beacon of hope to others, proving that no matter how dire the situation, God's healing power brings complete transformation.



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Asked & Answered

How do I believe that God is real?

Ketenguno from India Asks:

I have been hearing that God is real, but I find it hard to believe. I just don't know what to believe and how to believe. I have been reading the Bible but I don't understand what I'm reading. Also, I have been praying but I don't know to Whom I am speaking. What do I do?

Answer:

Firstly, God created everything, including human beings. And every human being has the capacity to believe in an unseen God. It is natural for you to believe with your heart. Believing is a choice. When you say you don't believe there's a God, take a look at nature, and you'll see there's too much order for the world to have come about by accident.

Secondly, there's some history you should know. Almost 2,000 years ago, a man named Jesus was born of a virgin, and He declared that He was sent from God as His son. His birth was a miracle because he was born of a virgin, and then He showed us through several miraculous signs that He was from God.

The Bible tells us how He died for us as a sacrifice. He was buried, and on the third day, Jesus was raised from the dead as proof that He was from God. After His resurrection, He didn't just vanish. The Bible tells us that more than 500 people saw Him after His resurrection. Then, He physically ascended into the heavens in the presence of 120 people. This was one more proof that Jesus was the Son of God Almighty.

We talk about Jesus because He was more than a religious leader. God vested His power in the name of Jesus. That name still has power today. At the name of Jesus, miracles happen, and demons tremble.

If you believe in this Jesus of Nazareth, He will impart eternal life to you. You don't have to see Him with your eyes first, just believe with your heart. Receive Jesus into your heart, and all the sins you committed will be purged. The sin nature will leave you, and you'll become the righteousness of God.

This is important. It is simple information, but very powerful.

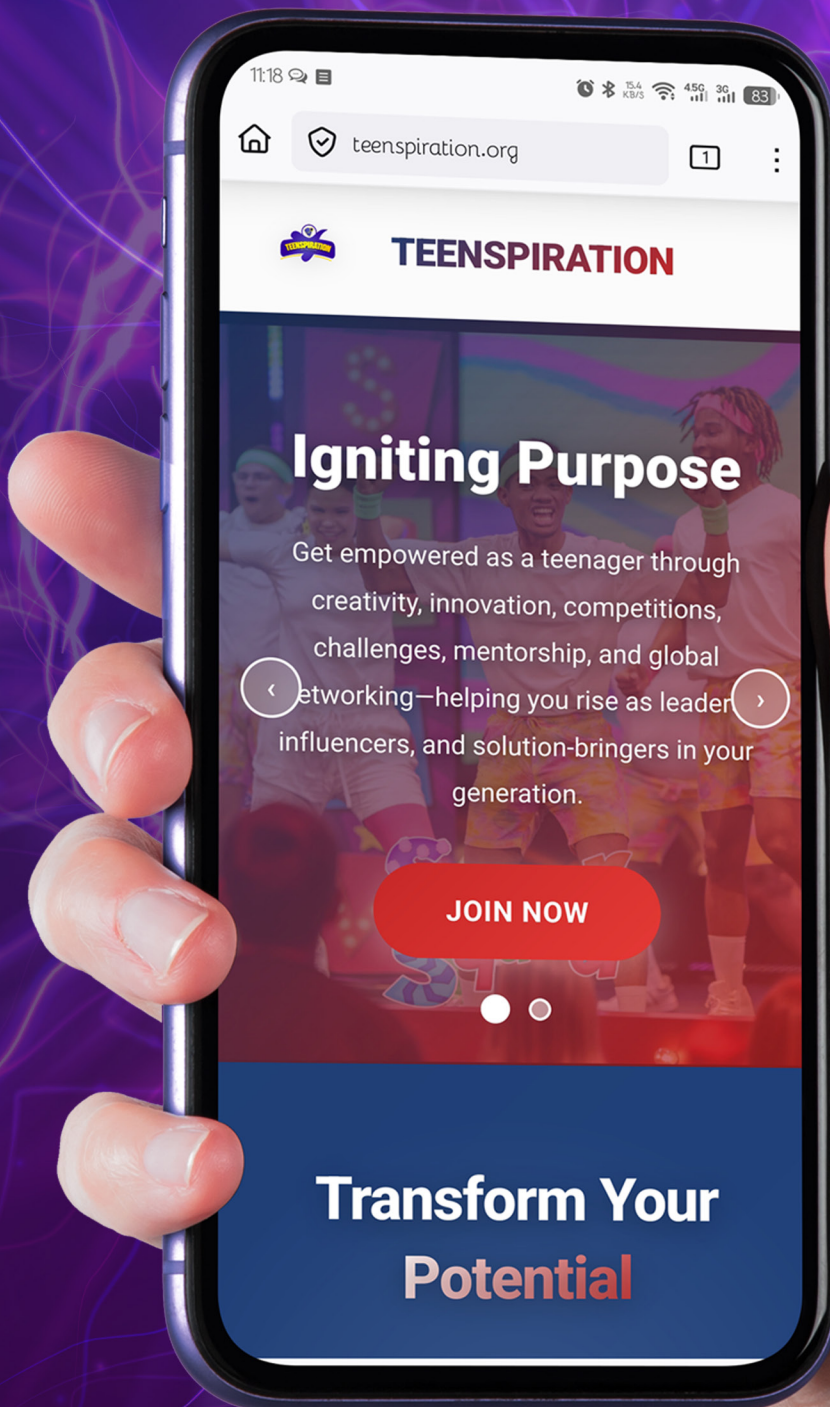


Send your questions to @teenspirationmagazine on KingsChat

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RISE AS AN INFLUENTIAL LEADER
IN YOUR WORLD.**

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IT'S TIME TO

LEVEL

**Dearly Beloved,**

It's time to equip yourself to grow spiritually, think innovatively, and take action in spreading the Gospel of Jesus Christ to the ends of the earth. In Teenspiration, we have designed several exciting programs that will help you find the boldness, creativity, and passion to fulfil your God-given purpose.

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Get started now. Visit www.teenspiration.org and step into purposeful transformation. Remember to create your avatar and update your display picture to let the world know your journey has begun. See you there!



* Rising Above * Depression



Does it sometimes feel like life is on overload, or have you ever smiled on the outside but felt empty inside? Those feelings could be signs of depression, and many young people face them silently.

“I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God” (Ecclesiastes 3:12-13 NIV).

Joy is God’s gift. He designed life to be enjoyed. The laughter with friends, small wins at school, and even the little things that make your heart smile. But pressures from peers, school, family, the future, or the comparison trap on social media can steal that joy and drag many into depression.

Depression isn’t just “feeling sad.” It can show up as a constant heaviness inside, stealing joy from what you once loved. The Devil uses it as a trap to weigh people down, so they don’t live life in its fullness as Jesus promised (John 10:10 NIV).

But the truth is that the joy of the Lord in your spirit is stronger than depression, and His light breaks through every darkness.

The Bible says, **“The Lord is close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18 NIV).** God sees every struggle, but He also gives a way out.

Spot the Signs

Depression can look like:

- Lingered tiredness
- Loss of interest in hobbies
- Withdrawing from loved ones
- Constant hopelessness or overthinking

Steps to Freedom

- 1. Guard Your Mind with the Word:** God’s truth is your real identity. “For I know the plans I have for you...” (Jeremiah 29:11 NIV).
- 2. Build a Positive Mindset:** Refuse to dwell on fear or worry. Philippians 4:6 reminds you not to be anxious. God’s peace will protect your heart.
- 3. Care for Your Body:** Exercise, rest well, and eat right. Avoid alcohol, drugs, and nicotine; they destroy rather than help.
- 4. Stay Connected:** Don’t isolate. Lean on your friends, family, and church community for inspiration, strength, and support.
- 5. Practice Gratitude:** **1 Thessalonians 5:16-18 (NIV)** says to rejoice and pray in thanksgiving at all times. When you maintain joy this way, depression takes a hike.

Make a choice. Refuse to allow yesterday’s regret or the fear of tomorrow rob you of today’s joy. Choose to trust in the Lord, declare faith-filled words, and step into your purpose in Christ with unending joy.



FIRE ON THE BUS

~ by Princewill Felix

YOUR STORY MATTERS:

■ **Take the Challenge:** Step out in faith and saturate your world with the Gospel of Jesus Christ.

■ **Send us your story:** We'd love to feature your exploits in this column! Send by email to info@httnmagazine.org

I sat at the back of the bus, shaking. Not from fear but from a deep urge to preach. I knew God wanted me to preach on the bus. I turned to my right and saw elders; to my left, grown-ups too. I thought, what could I possibly have to say? Quietly, I prayed, *'Lord, let this cup pass over me.'*

But the Word was already like fire shut up inside me. I tried to hold back, but the force from the inside was greater. As we approached my stop, I began speaking in tongues. Suddenly, boldness welled up from within. I opened my mouth, trusting God to give me the next sentence.

"Good afternoon, everyone. I want to talk to you about something important," I started. A few heads turned to see who was speaking. I was undeterred. I continued, *"There's a day that's coming, it's more certain than tomorrow. It's more certain than death because not everyone is going to die. That day, we'll all stand before Jesus; no one is escaping it..."* I had their attention now.

I preached a full sermon on that bus. I was on fire. When I was done, I gave a salvation call, and I heard a few people repeat the words. Afterwards, a young Muslim lady thanked me; she had just given her heart to the Lord. This was my first Muslim convert. Oh, what joy!

It's time God's children put the Word they have received to work. The Word of God is for doing, and I encourage you to be intentional about sharing the Gospel with others. Trust me, the moment you start, all your shyness dissipates. The Holy Spirit will give you the right words that will matter to the right people at the right time.

I've seen trending social media videos of young people preaching on airplanes, and I was inspired. You've probably seen them, and you might think, *"One day, I'll do this."* But honestly, if you haven't preached in smaller settings like buses, lecture halls, or even one-on-one, what are the chances you'll feel confident enough to preach on an entire airplane?

Start small. Start from where you are, and you'll be amazed at how God will increase your boldness. There is treasure in you. Open your mouth and speak!

SCREEN TIME BALANCE



Let's be real—screens are everywhere. Whether it's catching the latest trends, streaming shows, or gaming, they keep us connected, up to date, and entertained. Honestly, that's not a bad thing. But when "just one more scroll" eats up your sleep, your focus, and even your mood, it's time to pause and ask: Who's really in control—you or your screen?

Think about it: ever planned to take a "five-minute" social media break that somehow became an hour? That's what screen-time overload feels like. It sneaks in, steals your energy, and makes everyday stuff like homework, hobbies, or even chilling with friends way harder than it should be.

When screen-time goes overboard, it can leave you feeling drained with eye strain, headaches, and that jittery "can't sit still" vibe. The fix? A few smart habits that let you enjoy your devices without letting them run the show.

Signs of Screen Time Overload

Here are some red flags you might recognize:

- You can't stop scrolling before bed.
- You wake up tired, even after a long sleep.
- Homework takes twice as long because you keep checking notifications.
- You compare yourself to people online and it messes with your confidence.
- You feel restless or anxious when your phone isn't in your hand.

If you're nodding to more than one of these, don't panic. The good news? You can totally flip the script.

Simple Fixes That Work

- **Set Boundaries:** Try a no-phone rule during meals and an hour before bed. You'll discover that better sleep equals better vibes. Also, you'll say goodbye to mindless eating.
- **Give Your Eyes a Break:** Use the 20-20-20 rule – every 20 minutes, look at something 20 feet away for 20 seconds. Easy and effective breather for your eyes.
- **Control Tech with Tech:** Screen-time trackers, focus modes, and app timers are built-in lifesavers. Let your phone remind you when it's time to unplug and chill.
- **Swap the Energy:** Ditching screens all at once? Tough. Replacing them with fun stuff? Way easier. Read a comic, sketch, shoot hoops, or listen to music offline.
- **Be Where You Are:** When you're with friends or family, put the phone down. Real laughs, real conversations, real connections. The devices can wait.

The Key Point

Screens aren't the enemy; they're part of life. The key is balance. When you take charge of your digital habits, you'll sleep better, focus more, and actually enjoy your online and offline worlds. Remember: screens should add to your life, not take it over. So go ahead and enjoy screen time. Just make sure you stay in control.

SPEAK

LIFE & HEALTH

“Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them” (Mark 11:23 NIV).

Ever caught yourself saying things you didn’t really mean, only to see them happen anyway? Words aren’t just sounds; they possess creative energy. Every word you speak is like planting a seed. Positive or negative, it grows. The Bible says, **“The tongue has the power of life and death, and those who love it will eat its fruit” (Proverbs 18:21 NIV).** Speak God’s Word consistently, even when feelings, situations, and circumstances appear contrary.

PROCLAIM BOLDLY

God’s ability is at work in me today. I do not function in my own strength, for His power energizes me daily. I rise, I win, and I live in victory.

Dear Father, Your Word is my anchor. It defines my prosperity, health, and dominion. I see myself in Your Word, and I move from glory to glory.

Thank You, Lord, for the extraordinary life. I share in Your glory, grace, and righteousness. Today, I walk in prosperity, and my health and peace overflow.

I enjoy God’s boundless grace; it empowers me to overcome all obstacles and overlook every lying vanity the adversary tries to put in my path. No weapon fashioned against me can prosper because I am favored and graced.

God’s unfailing Word has brought me to a place of rest, strength, power, and dominion. Supernatural blessings, divine health, and prosperity are mine in abundance.

My mind is stayed on God’s Word; therefore, He keeps me in perfect peace. By virtue of the divine life of Christ at work in me, I experience health, victory, and prosperity, now and always, in Jesus’ Name. Amen.

I rejoice that Christ lives in me. I’m aligned with His plan for my health. I live in His perfect will, fully supplied for godliness and victory.

Sickness is not in my nature. I’m a new creation in Christ. My health is perfected, my strength renewed, and I walk in supernatural life.

My words carry divine power today. I speak life, healing, and courage everywhere I go. Fear and failure are dispelled, and positive change flows through me.

Christ lives in me, and I am unstoppable. Greater is He that is in me than he that is in the world. I am shielded from all evil, and I reign in dominion.

I am seated together with Christ in the place of power, far above all principalities, powers, and every name that is named, not only in this world but also in that which is to come. I live in mastery over sin, sickness, infirmities, and every opposing force.

The life of God in me has supplanted the human life that was susceptible to sickness and disease. My body and everything connected to me align with God’s provisions. Christ’s glory is manifested in my body as I flourish in divine health every day.

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