

On "It's Supernatural," 28 years of anger and frustration were tearing Kathi's marriage apart, she hated herself and was tormented by her past, she called herself "Fat Kathi." See how God supernaturally changed "Fat Kathi" and saved her marriage.

Do angels exist?

Are human miracles real?

Is there life after death?

Can people get supernatural help from another dimension?

Has the future been written in advance?

Sid Roth had spent twenty-five years researching the strange world of the supernatural.

Join Sid on this edition of "It's Supernatural."

Sid: Hello, Sid Roth here, welcome to my world where it is naturally supernatural.

My guest Kathi Oates told me that studies reveal 87 percent of illnesses, of sicknesses, are caused by stored toxic emotions.

And if you could have x-ray vision and look at someone's heart you would see cracks in their heart and in some instances you would actually see a portion of their heart broken off to protect themselves and then they are an incomplete person.

My guest was such a person, Kathi, you were conceived out of wedlock, I mean you started out on shaky ground and you were abused as a child.

Kathi: Right, verbally and physically.

Sid: Tell me about Fat Kathi.

Kathi: Well early on our family was very angry, very angry, my mother was abused, she was physically abused, emotionally abused, and by the time I entered school I was bigger than all the other kids, and so I was teased about it, I was not accepted, and when I got to school the only comfort that I found was through eating, and so I got bigger and more teasing, and it created a whole cycle in those early years that was very destructive.

Sid: And then, this, you must have had a lot of emotional pain as a result of this.

Kathi: I had an awful lot of emotional pain and there was no place to put the pain.

I wasn't safe at home to process pain, I wasn't safe at home to be angry and let the anger out, I really felt I wasn't safe at school, the only redeeming quality was I had a good inlet, and so I focused on my studies, I focused on that, but at the same time I would eat to cover up the pain, just anything to cover up the pain.

Sid: Okay, so you finally decided maybe there is something more to life than the anesthesia of eating, and you then become "Skinny Kathi."

Kathi: Right, I became very thin, ultra thin and all borderline anorexic, wound up in the hospital

with a kidney infection, was very thin and very popular, it's like all my dreams came true.

I was dating the captain of the football team, I was the cheerleader, it was like Cinderella and those were my last couple of years of high school, but inside I was a hurting puppy, very hurting and very seeking, I was seeking a lot, none of my family knew the Lord, none of them had ever come into a personal relationship with the Lord, and nobody in my town that I knew of.

Sid: Okay, so you become a believer, you marry Gary; you are 28 years a pastor's wife, but you finally have reached your point where you don't want to be an actress anymore and say, "Everything's fine, I'm blessed."

Kathi: Right, from the outside we looked like the perfect pastor's family, I want to really make that clear, because people can look good from the outside but the Lord knows what's happening on the inside, the Lord knows all the anger, all the fear, all the torment that is going on, and that is what was happening with me, and by the time I had stuffed 28 more years of anger and frustration and fear and self-hatred on top of what I had already brought into the marriage, there was a lot of arguing, a lot of fighting amongst us, and I decided if Gary would just get better, give me more affection, be a better husband, or we had a bigger church, or because we had pioneered churches for 28 years, I was looking to all the outward things, if I just had this it would make me happy.

Sid: Just like you were looking for other food as Fat Kathi.

Kathi: It was looking, I had stayed thin, I fought to stay thin, and it was to my physical detriment really.

And then all of a sudden God began to work on me, and I began to see it was really about the inside out, it was really about what was really going on and I had to face the truth about what was on the inside of me, and it wasn't about my good deeds, it wasn't about being a good pastor's wife, it was about the jealousy, the anger, the strife, the bitterness on the inside, the anger was horrific.

Sid: What was the first key that you got to get free?

Kathi: the first key was that God began to speak truth in my innermost parts, I began to get quiet enough, I think we live in such a rat race of a world we're not quiet enough to tune in to what's happening on the inside of us or the things that we believe, and so the Lord began to bring truth to the light.

Well then I began to notice, there's a war going on on the inside of me, there is one person that feels one way and one person that is very angry and when the pain would get stepped on on the inside this angry person would come out, this bitter person would come out and I didn't like her at all.

And Gary didn't like her at all and it was very difficult.

I remember Gary saying to me one time,
“If you would just think more positively.”
And I said to him, “You know Gary, you don’t understand
this, you don’t understand what it is like to have two
people on the inside warring against each other.”
And it was those words out of my mouth I began to
see a Christian can have a broken heart, they can be split,
so to speak, and one part holding all the pain,
all the trauma, and another part trying to be
“Sally Good Christian,” all the time.
And it was, I came to him and I said,
“Gary, I don’t care what you are going to do,
I don’t care if we have the biggest church,
I don’t care if my house is perfect, I don’t care if my
kids are perfect, I am going to get the help I need.
And that’s when I began to really seek the Lord about
that and a man came along, that had a ministry of healing
and talking to us about walls and parts.
And during that period of ministry I got real quiet and
because I am a visual person, the Lord showed me visually
what was happening on the inside, and I began to see that I
had a big wall on the inside, and the man said,
“Well ask the Lord what’s the name of the wall?”
Sid: I’ll tell you what, hold that thought because Kathi not
only finds out about this wall and has her heart restored,
but she had been equipped to supernaturally restore your
heart, don’t go away we’ll be right back after this word.
We’ll be right back to, “It’s Supernatural.”
*Millions of people are unaware that they have hidden
brokenness, pain and memories that are affecting their
intimate relationship with others and with God.*
*Many are unaware that the pain they have repressed
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We now return to, "It's Supernatural."

Sid: Hello Sid Roth here with Kathi Oates, 28 years a pastors wife, plastic smile, everything is fine, but her heart was broken, and she just didn't know what to do about it and so she went for help, she said I don't know about you Gary, but I am going for help, I cannot take it the way this is, and someone was praying for you and you saw a wall.

Kathi: I saw a wall, I did and I asked the Lord what's the name of the wall because sometimes we don't know things about ourselves and God knows all truth about us.

So I heard the word fear, and I asked the Lord,
"Lord just come and minister to that wall."

And it's like in my minds eye I saw a big ball and chain come and smash that wall, and then I saw behind the wall a little part of who I was, in fact it was a big part of who I was, and I asked the Lord, "Who is that."

And I heard, "Fat Kathi."

That was the part of me that I had despised.

That was the part of me that I had rejected.

That was the part of me that held all the pain.

And as I saw that part I said, "Lord, she looks so sad."

And I saw that little fat girl crying and the man that was praying with me said,

"Are you willing to embrace that part of you?"

And I said, "Absolutely not, I hate that part of me."

And there are many, many who feel the same way about parts of themselves that hold shame and trauma and fear and torment, they don't want to have anything to do with them, and he said, "Well are you willing for the Lord Jesus to come and minister to that part?"

And I said, "Yes I am."

And so in my minds eye I felt and saw the Lord come and put his arm around that part that I had hated and despised for so many years, and he said,

"What's happening to her now?"

And I said, "Well she is looking happier."

And you know as I sat there and I kind of watched this video going on on the inside of me, I began to realize she is part of who I am, and when I left her behind I left a lot of who I was.

Sid: You rejected part of yourself.

Kathi: I rejected part of myself, look she was so rejected, she wasn't loved at home, her dad didn't pay any attention to her, there was screaming and yelling all the time, at school the kids made fun of her, and I just decided since nobody else liked her why should I and I pushed all the pain and shoved all the

pain in that part of my heart and it broke.

And as I got older I got ADD, I couldn't focus on anything and my grades went down.

I can tell you almost to the day when that happened because from then on, I got a transcript of my high school grades, they went down to mediocre and I had been at the top of my class.

And so the Lord gave me a compassion for that part of me, I could feel the Lord's heart loving here and if the Lord loved her I looked at her and I thought I want her to come back, I need to be whole again.

And that is what salvation means, it means to be made whole, to be saved, to be set free, to be delivered.

Sid: You know you were talking about in Isaiah, part of the reason Messiah came was to restore the brokenhearted.

Kathi: It was to bind up the brokenhearted, to set the captives free, to open the prison doors, in fact in Luke four that was Jesus' mission statement.

The church has not held that mission statement.

Sid: Okay, let's take you what happened to your ADD?

Kathi: The ADD began to subside as I asked that part back.

Sid: In fact you told me your entire personality changed.

What were you like before and how did you change?

Kathi: I was very angry, much more nervous, much more excitable, much more fearful, very fearful, worried a lot, anxiety ridden, but I think the most prevalent thing was this underlying seething anger all the time, I just could not get rid of it.

And as I began to release the trauma out of that part, I began to release the anger, I began to release the pain and that part reunited with me and it was an actual experience for me, it was as if two puzzle pieces were being slammed together and there was a solidarity about how I felt about myself.

Sid: I have heard of people who have done this that couldn't even play a piano and all of a sudden they can play the piano when their heart comes together.

It is like part of who you – you are incomplete.

Kathi: right, you are incomplete and I, after working in this ministry for quite a number of years now, I don't see how we can come in to the complete destiny that the Lord has for us, because our destiny includes all of who we are, all of the way the Lord made us.

I just prayed for a woman recently in a meeting and I could tell that she had left an artsy part, where she loved art, did painting, loved music, that part had been totally rejected by her for some reason or another, and I could see the Lord beginning to bring that back to her again.

It is amazing how much of who we are we lose.

Sid: Now you do group meetings all over the world where you pray and that's why I love your new book,

Open My Heart, Lord, because in the back it has a CD with you praying with such an anointing of God, and in fact when we come back in the next segment I want you to pray over our people.

But you know I have to tell you Kathi, it seems too simple the way you outline it in this book.

Kathi: Well I think the Lord is simple, and as long as we follow his simple principles, I've found some people that are broken more than just one fragment, I have found people that are broken many fragments and shattered lives, but that's what the word broken means in the Hebrew, in Isaiah 61 it means to be broken, splintered, shattered.

Sid: Okay, no more broken, splintered, shattered, we'll be right back after this word and

Kathi is going to pray for you.

We'll be right back to, "It's Supernatural."

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We now return to, "It's Supernatural."

Sid: Hello, Sid Roth here with Kathi Oates, and we are finding out that there are people with broken hearts, in fact most of us have broken hearts because we are in a broken world with broken people, with a devil floating around trying to steal, kill and destroy.

What do you expect?

But God wants to bring the broken pieces back together and that's what he has done with Kathi Oates.

And Kathi, you told me that you have these seminars all over the world, in fact I went to one of yours, and I'm amazed at what, tell me one seminar you went to, what you prayed for and one person whose life was changed.

Kathi: I could do so many, but the one that stands out the most recent one which is a good thing to do, recent ones, is when we were praying and asking the Lord to bring and release, bring up the trauma and release it, and bring up the anger and release it, and as we were doing this and the Lord was beginning to take the anger out of the people, beginning to take the trauma, sometimes you will hear a lot of emotional reactions, sometimes it will be a very quiet thing, however God chooses to do it, and in this particular case it was very quiet, and apparently this woman was in the auditorium and she had been on Prozac for 15 years, she had tired to go off of it several times and could not get free from it, in one instant,

I mean one instant, God lifted all the depression, anger, all the trauma off of her spirit and I saw her three months after that and she had been totally free from the Prozac for three months and feeling great.

She said that it totally changed her life.

I get stories like this all the time.

Sid: You know Kathi you know it is not just people our age, older people, the meeting I went to with you and your husband there were just teenagers there.

Kathi: There were teenagers there, there were absolutely teenagers there and in fact, let me tell you a story of a teenager I prayed with in Sweden, I mean in Switzerland, they brought this girl to me, she had been raped two days earlier and she was devastated, she was shaking, she could hardly function, and as we prayed and began to release the trauma, this trauma was so fresh she absolutely screamed it out and released all that energy, all that fear, all that torment, that was –

Sid: Or as we said earlier, 87 percent of diseases are actually, their causes are these stored toxic emotions, it is good to get rid of them.

Kathi: Right, and a lot of women have had rape and incest and molestation and have never been able to release it, it has been secret, it has been hidden, it has been in a box on the inside of them and it spreads itself, I don't want to go into all the physical ramifications of that right now, but for this young girl she released all that two days after the rape, and I am telling you she went out of that place with the peace of God and the radiance of God on her.

Sid: There are people watching us right now and say, I want my part to come together, I want to get rid of these toxic emotions, could you pray a quick prayer for them right now.

Kathi: I would love to.

Right now many of you out there are identifying with the words that I am saying, many of you have had secret abuses brought against you that you are afraid to tell anybody about, many of you know what it is like, you identify with my testimony you know what it is like to be broken and to be physically and verbally abused and you understood everything that I said as if my testimony is your testimony, let me come to you today and let's ask the Lord right now in this very place, right wherever you are standing, right whatever you are doing, stop what you are doing.

Listen, the Lord wants to bring release to that trauma, let's just ask the Lord to do that right now.

Holy Spirit we just ask that you come and there are many people that are out there Father that you care and you love and your heart is for right now, that you are very present with them right in this very moment, and Lord we ask that you would begin to pull now all the trauma and pain out of

their hearts Lord, release the anger, the frustration,
the terror that they have stuffed for so many years,
break it off of them Lord, lift it out, in an instant God
do a miracle right now, and Lord if any of them feel that
there is a little part of the inside of them, a little girl,
a little boy that they are familiar with that they know
has been down there, in there for years and years and that
they have pushed away, have not cared for, have not loved,
Lord you begin to minister to that little part,
you begin to make yourself known to that little part,
you begin to put your arms around it Lord,
just come in and minister to it in Jesus Name.

And for many of you right now, you may be even seeing
good parts, innocent parts that you have left behind
because you came into a time of trauma and horror, and
these little innocent parts need to be restored to you, just
take time now before the Lord, just take a moment, just
kind of check yourself and say to this part, I am so sorry I
left you back there to hold all that pain, all that trauma, all
that shame, all that fear, all that anger, if you come back
and be a part of me again I promise with the Lord's help to
take care of you, to set good boundaries for you, you are
important, I love you, you are a part of who I am.

Now many of you may just want to begin to embrace that
part, begin to put your arms around it in the spirit realm
so to speak, and draw that part into yourself.

Some of you if the Lord is there beside you and you sense
his presence and it seems like a difficult thing, you're a
little bit afraid, why don't you just say to the Lord, "Lord
would you just help me right now, would you just help me
become whole again like I need to be, like I want to be."

Now Lord we just ask that you begin to envelope all these
little parts that you care for, that you died for, that you
took all their pain with you on the cross, just pull them into
that person, just let them feel the sense of wholeness and
fullness and let them know you in the deep, deep, deep
dark places that nobody sees, nobody sees but you Lord.

Let them know that you are even in those deep dark places
and bring health and wholeness and healing Lord.

In fact right now I ask Father that you would release a
healing anointing that would go with them even in their
sleep, even in their daydreams, even when they are driving
the car Lord, that you would meet them in the healing
process even in those times, and this would be the
beginning of stepping into your healing process Lord God,
the knowledge that Jesus Christ is the one who paid for all
of this, Buddha didn't do it, Mohammad didn't do it,
no leader of any major religion went to the cross so that
you could be free from your pain, Jesus is the only one that
did that, he is the only one that took our pain, he is the
only one that took our sorrow, he is the only one.

Let him be that only one now.

Lord release your presence and the knowledge of you in these deep dark places to bring healing and light and truth. In Jesus Name.

Sid: You know Kathi, the peace that was on that prayer that you just prayed, many of you are experiencing that peace right now, and some of you it is the first time you have ever felt that kind of peace, how would you like to walk in that presence 24/7? That's what we are talking about, it is not religion, it is not tradition, it is intimacy with God through the Jewish Messiah Yeshua Jesus.

Tell God you are sorry for the mistakes you have made, ask him to wash them away because of Jesus' death and resurrection and then ask Jesus to come inside of you and become your Lord, get happy, see him putting his arms around you and loving you right now, right now.

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