



Issue #6 - February 2026

Healing & Hope Newsletter

JOHN KOWALSKI MINISTRIES

Counseling, Teaching, Prayer, and Deliverance for a Deeper Walk with God

Faith That Heals... Truth That Transforms

What is Lent?



On Wednesday, February 18, 2026, the season of Lent begins. While the etymological root of the word "lent" has been lost to time, its meaning has not and the lessons and practices - although quintessentially Catholic - are meaningful and valid for all Christians. Lent signifies a forty-day period of prayer, fasting and penance in preparation for the Easter celebration. But what is Lent?

The synoptic Gospels (Matthew 4:1–11, Mark 1:12–13 and Luke 4:1–13) tell the story of how Jesus was led into the desert for forty days to be tempted by the devil, after which He began His public ministry. But why was Jesus tempted at all? Why did he have to endure it? For the same reason He did everything else.

To show us the way!

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This Sunday!

Join this month's virtual healing prayer session

Experience prayer, teaching, and (of course) Jesus Sunday, January 18th 5 PM (EDT/UTC -5). Whether you're seeking healing, renewal, or simply want to witness God's power in action...you're invited! Last month we witnessed several healings over the internet. Is this this YOUR month to be healed?

Upcoming speakers:

February 2026 - [John Kowalski](#) , Author, speaker, evangelist and apologist. Founder John Kowalski Ministries.

March 2026 - Pastor Marilyn Moncrief – Nurse, Chaplain, Pastor, Christian Community Organizer/Evangelist. Marilyn wears many hats and the community of Port Huron, Michigan is thankful!

April 2026 - [Karen Covell](#) – Karen has a unique ministry – she prays for and evangelizes Jesus to Hollywood entertainment professionals – from those just starting out, to the most visible! Producer, speaker, teacher and author, Karen has had extensive experience producing TV specials, documentaries and children’s programming.

May 2026 - [Fr. Jason Brooks](#) - Director Regnum Christi Healing Ministry in Detroit

December 2026 - [Peter Herbeck](#) - Vice President Renewal Ministries, author and international speaker

Future speakers (booked but not yet scheduled)



(Above: John prays with the Bishop of the Diocese of Saginaw Michigan)

[Dr. Andrew Seppo](#) , Director of Operation Transformation Ministries

[Fr. Michael Kimotek](#) , regional superior: St Fidelis Friary in London England.

[Reverend Nigel Mumford](#) , International speaker, Exorcist, author, and founder of By His Wounds, Inc.

[Dr. Mary Healy](#) , Professor of Scripture at Sacred Heart Major Seminary in Detroit, MI, bestselling author and international speaker. (2027)

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Am I my Brother's Keeper?

Recently someone asked, “*why do good people have to suffer?*” I replied, “*Because of original sin.*” To which they said, “*I know that, but why do I have to suffer when it was Eve who ate the apple, and not me?*”

The answer to this question is neither straightforward nor fulfilling.

First off, the fall was not the result of Eve, because the covenant was made through Adam. Recall that when Eve ate the apple nothing happened, but when Adam ate the apple, the whole world fell apart.

But that aside, Adam and Eve only committed one sin; how many have you committed?

[Read More Here](#)

Where is that picture?

Many of you have asked "where is that" concerning the background I use when I meet online with you. The location is called

[The Cross in The Woods](#) and it is located in Indian River, Michigan. So if you find yourself in the northern, lower peninsula of Michigan, I highly recommend visiting this shrine.

Here are some facts about this shrine:

- The crucifix measures 55 ft (16.7 m) tall by 26 ft (8 m) wide and is made out of a California Redwood Tree.
- The bronze figure of Christ, created by Michigan sculptor Marshall Fredericks, stands 28 feet tall, weighs seven tons, and was cast in Norway before being shipped across the Atlantic.
- The cross rests on a man-made hill (Calvary Hill) built with a steel and concrete foundation covered in soil, measuring 150 feet long, 15 feet high, and 75 feet wide.
- The site includes an outdoor church, a new indoor church (completed 1997) seating 1,000, 14 Stations of the Cross in a pine forest, and several smaller shrines honoring figures like Blessed Kateri Tekakwitha, Saint Francis of Assisi, and Saint Peregrine.
- The [Nun Doll Museum](#) houses the largest collection of dolls dressed in traditional religious attire in the U.S., with over 500 dolls and 20 mannequins.
- The shrine is open 365 days a year, with daily Masses held, and receives 275,000 to 325,000 visitors annually.
- The original idea for the cross emerged in 1946, inspired by Blessed Kateri Tekakwitha, a 17th-century Mohawk woman known for placing small crosses in the woods as prayer sites. She was canonized in 2012.



[Visit the Cross in the Woods](#)

Is Temptation a Sin?

(This is an excerpt from my book "The Sinner's Survival Guide")

I was hounded by temptation for most of my life. I resisted it plenty of times but many other times I gave into the temptation. But it didn't matter. Whether I resisted or not, I always felt guilty. Guilt from temptation is something I struggled with greatly. For example, I used to read Mathew 5:28 in a very self-condemning way:

"But I say to you that everyone who looks at a woman lustfully has already committed adultery with her in his heart."

Taken at face value, to me this meant that if I even looked at a woman and noticed she had hair like my wife's or had a pretty dress or face that that was it! I'd sinned. I was doomed. It was as plain as anything - I looked at a woman, noticed something particular about her and because of this I was going to hell. I could have just gotten out of the confessional, simply looked at a woman and thought that I needed to go back into the confessional again.

But the thing is, I didn't lust, I looked.

[Click Here to Continue](#)

Glory Stories!

Each month, I love to share Glory Stories (testimonies) of how God is healing, restoring, and answering your prayers

Insomnia - GONE! - Lagos, Nigeria/Over the Internet

"Thanks for taking the time to pray for me the other day. My sleep has improved and I'm looking forward to more improvements in other areas too!"

Daughter's anxiety - GONE! - USA/Via Email

Hi. I'm in awe. I prayed this prayer before I went to bed last night, when I woke at 3:30am, and again when I woke at 7:30am . I talked to my daughter around noon and she sounded happy. I texted to her after to tell her that and she said I am, so far it's a good day. Before going to bed this evening, she told me she felt better. Thank you for the prayer, I can not wait for our prayer session.

Spiritual Darkness - GONE! - California, USA/Over the Internet

It was very nice meeting you. Thank you for taking the time to pray with me this morning. I feel light in my spirit and the heavy darkness has lifted off me. God is an amazing God. I am so grateful to feel free from whatever it was that had bound me. I give thanks and glory to God for working through you. Thank you for being His vessel.

Submit a Glory Story

[Read More Glory Stories](#)

What Are My Gifts?

We all have spiritual gifts from the Lord, but did you ever wonder what yours were or how to use them? This is a question I often get from those I pray with and when people ask me either of these questions I have two words for them:

Mary Martin

Mary Martin is a dear friend and a gift from the Lord for our times. She is kind, caring and possesses many gifts, including, the gift of helping others find their gifts! If you are wondering what your gifts are, how to use them or how to

[Find Out Your Gifts](#)

Where your donations go...

- \$15 will keep me afloat for one day
- \$125 will buy me another week
- \$500 will keep me going for a month
- \$1,500 will pay for a quarter year
- \$6,000 will cover me for a year

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A Michigan-based faith outreach dedicated to prayer, healing, and spiritual growth. Donations are not tax-deductible.

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