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Powerfully Purposed Transformation

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Accepting God's Identity for You is Everything---Following Jesus into God's Kingdom---and surrendering to His Lordship Today---This is God's formula for changing mankind, revealing His will for your life, and winning the war for your soul.

Romans 12:2 KJV

(2) And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

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KJV-King James Version of the Bible from; Published 1769; public domain

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Lion

Lamb

Alexandra Stockmar

Efrakmstocher

Divider Flourish Image by Gordon Johnson from Pixabay

English Prologue

This is not a new teaching, or even a teaching, although everyone learns as they travel. I am attempting to show the pathway God laid out for human beings in the Garden of Eden and the path Jesus took so we could follow Him back into God's presence as citizens in His Kingdom. If you are tired of boring lectures without power, life, or destiny?

The Kingdom of God is here. The kingdom is still full of joy, peace,
and excitement in today's world.

It is not God's future plan, but rather today's agenda. Therefore, the Lord is accepting volunteers to join the kingdom's goal of establishing the mindset of His kingdom in the hearts of believers today.

If you identify as a Christian, live with the hope of attaining Heaven, and believe you will be raptured out of the current cultural war, you have become a victim of the devil's schemes and a party to their success. He always wants you to delay accepting the things of God until it is too late for them to affect the world we live in today. Discover what Satan is stealing from you today.

Because Jesus has finished all things needed for life and Godliness, our family, city, state, country, and world's future depends upon our recognizing, believing, claiming, and living in all of the things of God today, not tomorrow.

God has established our identity
as His child at the cross.

A willing and obedient heart is all it takes to live, move, and have your being, identity, and destiny in God. Therefore, passionately strive to establish a true legacy for your children. Without any exaggeration, I can say, enter at the risk of being forever changed!

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Rebuilding God's Temple

According to health officials, today, many are suffering the consequences of growing older.' In the USA, a large percentage of people are suffering from being overweight, high blood pressure, high cholesterol, high triglycerides, low testosterone, high insulin resistance, type 1 and type 2 diabetes. Dementia, Alzheimer's, arthritis, brain fog, etc.

However, almost all, if not all, also have one thing in common: they consume large amounts of carbohydrates. Yet very few make any connection between the two events, even though in the past, very few people experienced these health problems. I believe there is a connection to these events, but it is not aging; it is something far different.

1 Corinthians 3:16 KJV

(16) Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

God did not make any mistakes when He designed His temple. Nor is He incapable of repairing the temple. Under normal circumstances, it will repair itself. Only occasionally does it need outside assistance, and very little medication is needed. Medicine should restore people to normal health and should only be used as a temporary fix to maintain their health. What has changed?

When millions of people fail to see a connection where a common one obviously exists and is clearly shown to be a reality, I believe something is happening, and it is not aging.

1 Corinthians 3:17 KJV

(17) If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

Every person's body was created as the temple of God, and God has given us the responsibility to care for it. This ministry is one of the few, if not the only one, that God has stated He will destroy us for not doing. Yet multitudes continue doing as they please, obviously without regard for what pleases God. Of course, if you have health issues, you may not be able to lose weight without God's help. Go ahead and ask Him, I am sure He would be delighted to help.

I want to reveal a very common concept that is being used very effectively today by Satan.

2 Corinthians 4:4 KJV

(4) In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

Satan can blind people's minds, and this ability is far more extensive than is believed. As an example, I will use Adam and his wife in the Garden of Eden.

Genesis 3:4-5 KJV

(4) And the serpent said unto the woman, Ye shall not surely die:

(5) For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

Genesis 3:6 KJV

(6) And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

These people were believers until the moment of their testing. In that moment, the woman chose to believe Satan and not God, and the man did likewise.

Satan has been running rampant in the world at this time of great testing. Like Adam and his wife, at this moment of testing, many are failing and placing themselves under Satan's influence. It is time to awaken and use our God-given authority to destroy this work of Satan in our lives and restore our bodies to their former glory.

Truth: Every carbohydrate must be changed to glucose before it enters a person's bloodstream. Every carbohydrate, from the most complex to the simplest sugar, has the same toxicity. The most complex sugars are absorbed into the blood more slowly than the simplest sugars, and the total amount of glucose in the blood at any time determines its toxicity to the body. This process is influenced by two factors: the glycemic index, which determines how quickly the carbohydrate is absorbed, and the glycemic load, which determines how many carbohydrates are available for absorption.

Carbohydrates were considered nonessential for many years because the body can produce as much as it needs; it is not essential to consume any of them. However, just because they are nonessential does not mean they should not be eaten or that not eating them is the best route to optimum health. I do not know what the limit should be for optimum health. It seems to be a closely guarded secret. However, there is an answer. Have your doctor do a fasting

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insulin resistance test. If it is high, eat less high-glycemic index and high-glycemic-load foods. When the fasting insulin resistance returns to normal, it is a very good sign that carbohydrates are no longer a danger to your body and may even be beneficial at that level.

In Haggai 1:1-11, the Lord tells Haggai to rebuild the temple at Jerusalem. He also told him that his people were not prospering because they had neglected His temple. Today, we are the temple and household of God, and I see many people neglecting to care for His house. If you have lived in a house or apartment owned by someone else, it is their responsibility to repair the property. Still, the tenant is responsible for their care. Honestly, when you look in the mirror, do you see a house being very well cared for?

We must have good health in our bodies, souls, and spirits to complete the assignment God has for our lives. A lifestyle of eating for a robust, healthy body is a fountainhead for our bodies and our brains, and complements our souls. Therefore, it is essential for those engaging in building the Kingdom of God within.

Eating Toward Health

We do not know how long the spiritual war we are all experiencing will last. However, we must have good health in our bodies, souls, and spirits during this time. We are already engaged in the proper growth of our souls, and God has provided us with His Spirit. A lifestyle of eating for a robust and healthy body is a fountainhead for our brains and complements our souls. Therefore, it is essential for those engaging in this battle.

I am now about sixty pounds less than I was fifteen-plus years ago. I have studied and worked toward achieving a healthy, robust body at eighty-four years of age. I plan to continue living forever; that is my soul and spirit. God plans that each person should die, but it is not God's plan that we should experience death. I believe that God is currently removing people from their dying bodies an instant before death so that they never experience it at all.

I want to relate some of the things I practice. However, I emphasize that I am not a doctor and do not have any medical training. These are my opinions, not any medical advice. It is your responsibility to care for your body correctly, not mine. If you wish to use any of the techniques I use or follow my instructions in any way, ask your doctor whether they are safe for you, for my protection and your own.

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One of the current problems in our culture is obesity. Complicated by diabetes, coronary heart disease, high cholesterol, high triglycerides, and many other problems, it is invading our society.

Sugar, simple carbohydrates, are the most common ingredient in obesity. But unfortunately, they are also the most dangerous ingredient. Proteins are much less harmful because the body can turn them into muscles, but it has to work harder to convert them into glucose energy or store them as fat. Likewise, fats are not readily converted into glucose, as it takes about 60% of their energy to do so. Hence, we use about 60% of our fat calories to convert the remaining 40% into glucose. In addition, our body doesn't need to consume sugar or carbohydrates because we can extract them from the healthy meats and vegetables we eat.

We may find the table for glycemic load and index on the internet. If we eat only foods with a low to medium glycemic index and glycemic load, we can cut off this route to obesity. Also, I take plant amino tablets daily to curb carb cravings. Over a short period, this has proved very effective.

One effect of overeating high-glycemic foods is arterial inflammation and possibly inflammation in other parts of the body. During normal body function, blood vessels flex many times a day. As an example, our pulse results from our heart pumping blood throughout our bodies. This pulsing motion often causes hairline cracks to form in our arteries. The body typically heals these cracks, but high blood sugar levels hinder this process. The body will then increase cholesterol production to repair these cracks, thereby elevating cholesterol levels.

When I found myself in this position, I started exercising to burn the sugar, dieting to reduce it further, and taking baby aspirin and turmeric to help reduce inflammation. It worked for me, and I also started losing weight.

Because of my reduced food intake, I started taking multivitamins. Later, I added fish oil and enzymes to the regimen.

Another effect of high triglycerides is an increase in blood uric acid levels. One little-known result of this is its influence on weight gain. I will give an example.

In the fall, if we lived in bear country, we might see the animals out foraging for food, especially berries. The berries' high glycemic index and excessive food intake ensure the bears gain the weight needed for winter hibernation. However, this combination also raises the uric acid in the bear's system, which signals the body to make fat from their food and store as much fat as possible

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for hibernation. Unfortunately, that survival instinct is also built into the human being.

Eating excessive sugar transmits a signal to our bodies, raising our uric acid levels. As a result, we are preparing for wintertime that may never come. In addition, our souls may experience wintertime in our relationships. Relationships change, becoming distant or almost nonexistent. People close to us depart or perhaps die. Perhaps we never enjoyed participating in an intimate relationship. These things can cause our souls to experience the pathway in life called wintertime. As a result, many people adopt the wintertime feeding habits needed for survival. Unless we exit this trail, we will soon look like we are preparing for hibernation.

Daily intake of 500 mg of vitamin C is a safe and readily available aid in reducing uric acid levels. Some foods will also help with this. Various medications are also available only by prescription.

Most importantly, enlist the Holy Spirit's support in losing unwanted pounds. He desires more than you for you to live a strong and healthy life. He will help all who sincerely ask. Adopt a mindset: "I am now living in eternity and may need this body for a long time. Therefore, I must be ready and able to walk obediently with the Lord."

Prayer

Father, I ask you to give me wisdom in my eating habits. Please give me the strength and will to eat what is suitable for me, so that I may have a healthy body. Encourage me to walk daily, talk with you, and listen to you. I know having a personal relationship with you is essential in my life. You already know my needs, so I ask you to teach me to pray daily for intimacy and relationship-building.

I desperately want and need a healthy body to live a long and prosperous life with you. Also, to walk in obedience to your will. I know that you have always loved me, you do love me, and you will love me forever. Please make that a reality in my life. Never again will I experience the fear of the wintertime of my soul because I have you. With all my heart, I thank you and look forward to talking with you. In the name of Jesus, I ask Amen.

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