

## The Divine Breakthrough Newsletter

*"I can do all things through Christ which strengthens me (Phil. 4:13).*

□ Fall 2006

Volume 1

Issue 2

### WELCOME!

It is with great honor and humbleness that we bring our second issue of The Divine Breakthrough Newsletter, an online publication of Divine Breakthrough Ministries, Inc., which is a Christ-centered ministry.

DBMI's specific mission is to teach and help believers understand the impact of developing a spiritual foundation and using spiritual weapons such as faith, prayer and persistence to pull-down, teardown and **breakthrough** strongholds such as obesity, which subsequently can lead to poor health and in some cases premature death.

The overarching purpose and goal of our ministry as well as this newsletter is to **Encourage, Enlighten, Educate, Elevate, and Empower** the Body of Christ, all to the Glory of God.

In this issue:

- Scripture(s)
- Prayer and Praise!
- Inspirational Quotes and Poems
- It's All About Wellness...A Lifestyle!
- Healthy Living Tips & Facts...

It is our prayer that each issue will be an inspiration and Word from God. May the information provided minister to your body, soul and spirit.

In His Grace,

Frank and Juliette



---

Scripture(s)

" I can do all things through Christ which strengthens me (Philippians 4:13).

---



## Prayer and Praise!

*P. U. S. H...Pray Until Something Happens!*

Dear Eternal and Everlasting Father,

Today, we come to make a joyful noise unto you. We thank you for another opportunity to serve you. We will serve you with gladness and come before your holy presence with singing and praises. We lift you up today... we exalt your name!

Father God, we acknowledge that you created us, therefore, you know all about us. You know our needs, our wants, joys and desires. You also know our pain and sorrows. You are always with us in every circumstance and situation we encounter. You are a faithful God. You said that you would not fail us, leave or forsake us. Jesus, we are standing on your promises.

We will enter into your gates with thanksgiving and into your courts with total praise and gratitude. We are beyond thankful to you and it is with honor and reverence that we bless your holy name. Lord you are so good, your mercy is eternal and everlasting; and your truth reigns and endures to all generations.

We worship you for being God all by yourself. There is none other like you. We praise you and thank you for being our provider, our peace, and our healer. You are everything we need. Therefore, we surrender all to you and cast our cares upon you. Father we do know that you care for us. We promise to trust in you with all of our heart and lean not on our own understanding and we promise to acknowledge you in all that we do. You promised dear Lord that you would direct our paths.

Lord we ask that you help us to let our light shine so that others may see I good works and glorify you, our Father in heaven. Jesus, we pray that you let us not grow weary in well doing. We need you Lord. We need your strength. We are weak, but thou art strong. You said in your Word that the weak and heavy-laden should come to you, because you would give them rest. You also said that your burden was light and your yoke was easy. Thank you Jesus for being there for us. Oh, thank you dear Father.

May the words of our mouths and the meditation of our hearts be acceptable in your dear sight Father, our strength and redeemer.

It is in the Divine Name of Your Son Jesus Christ. Amen.

### **Inspirational Quote or Poem...**

#### **Get Out of Your Own Way!!!**

Your words, your dreams, and your thoughts have power to create conditions in your life.

What you speak about, you can bring about.

If you keep saying you can't stand your job, you might lose your job.

If you keep saying you can't stand your body, your body can become sick.

If you keep saying you can't stand your car, your car could be stolen or just stop operating.

If you keep saying you're always broke, guess what? You'll always be broke.

If you keep saying you can't trust a man or trust a woman, you will always find someone in your life to hurt and betray you.

If you keep saying you can't find a job, you will remain unemployed.

If you keep saying you can't find someone to love you or believe in you, your very thoughts will attract more experiences to confirm your beliefs.

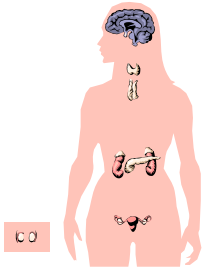
Turn your thoughts and conversations around to be more positive and power packed with faith, hope, love and action.

Don't be afraid to believe that you can have what you want and deserve.

Watch your "Thoughts," they become words;  
Watch your "Words," they become actions;  
Watch your "Actions," they become habits'  
Watch your "Habits," they become character;  
Watch your "Character," for it becomes your "Destiny"

**GET OUT OF YOUR OWN WAY!!!**





## **It's All About Wellness...A Lifestyle!**

Body, Soul, Spirit...

*“Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ” (1Thessalonians 5:23).*

**Wellness!** In recent years this term has been widely used and explored by many, especially those in the counseling, health/fitness, and medical fields. From a spiritual perspective, we know that man is tripartite. This means God created us with a body, soul and spirit.

What is wellness? The Psychological Counseling and Wellness Center at California State University-Chico, defines wellness as “an on-going lifestyle, which requires taking responsibility and making healthy choices.” The American Heritage Dictionary defines wellness as the condition of good physical and mental health, especially when maintained by proper diet, exercise and habits. Wellness is also described as, “the state of optimal well-being, not simply the absence of illness, but an improved quality of life resulting from enhanced physical, mentally, and spiritual health.”

Today, we are seeking a better quality of life and a more meaningful existence. Remember, Jesus came so that we might have life and life more abundantly. Therefore, as believers we are obligated to do everything we can within our power to live a life pleasing and acceptable to Jesus, which is our reasonable service.

There are six key elements that encompass wellness. They include:

- ❑ **Self-responsibility.** You are ultimately accountable for your own well-being. “True wellness is determined by an individual’s decisions.” Simply stated, it is up to you to take charge of your well-being.

- **Wellness is Holistic.** God created you! You didn' t just evolve. He formed man from the dust of the ground, and breathed into his nostrils the breath of life and man became a living soul (Genesis 2:7). Therefore, man has a body, soul and spirit.
- **Wellness is identified as a journey.** There is no absolute level of wellness, it a continuous journey. It is a lifelong process. It is a lifestyle!
- **Balance is the fourth element of wellness.** This involves attending to all areas of your health (spiritual, physical, emotional, social, intellectual, environmental) to create balance in your life.
- **The fifth element is uniqueness.** There are many different roads to wellness and good health. Each of us will reach a level of wellness based on our genetics, who we are (our personality) and our special needs. Some may require more or less effort to reach a desired level of wellness.
- **The sixth element is wellness is time.** Do not procrastinate (put things off). No time is better than the present time. We do not know what tomorrow holds, but we do know who holds tomorrow— Jesus! Do what you can with the time you do have.

Let us seek wellness together!

For more information about health and wellness, purchase “The Biblical Blueprint to Lifelong Health, Fitness, and Wellness: A Paradigm Shift, written by Dr. Juliette L. McDonald. You may purchase directly from the author at [www.dbminc.org](http://www.dbminc.org). She will ship an autographed copy within two business days (US residents).



## Healthy Living Tips and Related Facts...

### Health & Fitness Is Not a 12-Week Program

By: Tom Venuto, CSCS, NSCA, CPT

Excerpts...

What causes people to burn so brightly with enthusiasm and motivation and then burn out just as quickly? Why do so many people succeed brilliantly in the short term but fail 95 out of 100 times in the long term? Why do so many people reach their fitness goals but struggle to maintain them?

The answer is simple: Health and fitness is for life, not for "12 weeks."

You can avoid the on and off, yo-yo cycle of fitness ups and downs. You can get in great shape and stay in great shape. You can even get in shape and keep getting in better and better shape year after year, but it's going to take a very different philosophy than most people subscribe to. The seven tips below will guide you.

These guidelines are quite contrary to the quick fix philosophies prevailing in the weight loss and fitness world today. Applying them will take patience, discipline and dedication and they will put you in the minority. Just remember, the only thing worse than getting no results is getting great results and losing them.

1) **Don't "go on" diets.** When you "go on" a diet, the underlying assumption is that at some point you have to "go off" it. This isn't just semantics, it's one of the primary reasons most diets fail. By definition, a "diet" is a temporary and often drastic change in your eating behaviors and/or a severe restriction of calories or food, which is ultimately, not maintainable. If you reach your goal, the diet is officially "over" and then you "go off" (returning to the way you used to eat). Health and

fitness is not temporary; it's not a "diet." It's something you do every day of your life. Unless you approach nutrition from a "habits" and "lifestyle" perspective, you're doomed from the start.

2) **Eat the same healthy foods consistently, all year round.** Permanent fat loss is best achieved by eating mostly the same types of foods all year round. Naturally, you should include a wide variety of healthy foods so you get the full spectrum of nutrients you need, but there should be consistency, month in, month out. When you want to lose body fat, there's no dramatic change necessary - you don't need to eat totally different foods - it's a simple matter of eating less of those same healthy foods and exercising more.

3) **Have a plan for easing into maintenance.** Let's face it – sometimes a nutrition program needs to be more strict than usual. For example, peaking for a bodybuilding, figure, fitness or transformation challenge contest requires an extremely strict regimen that's different than the rest of the year. As a rule, the stricter your nutrition program, the more you must plan ahead and the more time you must allow for a slow, disciplined transition into maintenance. Failure to plan for a gradual transition will almost always result in a huge binge and a very rapid, hard fall "off the wagon."

4) **Focus on changing daily behaviors and habits one or two at a time.** Rather than making huge, multiple changes all at once, focus on changing one or two habits/behaviors at a time. Most psychologists agree that it takes about 21 days of consistent effort to replace an old bad habit with a new positive one. As you master each habit, and it becomes as ingrained into your daily life as brushing your teeth, then you simply move on to the next one. That would be at least 17 new habits per year. Can you imagine the impact that would have on your health and your life? This approach requires patience, but the results are a lot more permanent than if you try to change everything in one fell swoop. This is also the least intimidating way for a beginner to start making some health-improving changes to their lifestyle.

5) **Make goal setting a lifelong habit.** Goal setting is not a one-time event, it's a process that never ends. For example, if you have a 12-week goal to lose 6% body fat, what are you going to do after you achieve it? Lose even more fat? Gain muscle? What's next? On week 13, day 1, if you have no direction and no long-term goal to keep you going, you'll have nothing to keep you from slipping back into old patterns. Every time you achieve a short-term goal (daily, weekly and 12 week goals), you must set another one. Having short-term goals means that you are literally setting goals continuously and never stopping.

6) **Allow a reasonable time frame to reach your goal.** It's important to set deadlines for your fitness and weight loss goals. It's also important to set big, ambitious goals, but you must allow a reasonable time frame for achieving them. Time pressure is often the motivating force that helps people get in the best shape of their lives. But when the deadline is unrealistic for a particular goal (like 30 pounds in 30 days), then crash dieting or other extreme measures are often taken to get there before the bell. The more rapidly you lose weight, the more likely you are to lose muscle and the faster the weight will come right back on afterwards. Start sooner. Don't wait until mid-May to think about looking good for summer.

7) Extend your time perspective. Successful people in every field always share one common character trait: Long term time perspective. Some of the most successful Japanese technology and manufacturing companies have 100 year and even 250-year business plans. If you want to be successful in maintaining high levels of fitness, you must set long-term goals: One year, Ten years, Even fifty years! You also must consider what the long-term consequences might be as a result of using any "radical" diet, training method or ergogenic aid. The people who had it but lost it are usually the ones who failed to think long term or acknowledge future consequences. It's easy for a 21 year old to live only for today, and it may even seem ridiculous to set 25 year goals, but consider this: I've never met a 40 or 60 year old who didn't care about his or her health and appearance, but I have met 40 or 60 year olds who regretted not caring 25 years ago.

Burn The Fat, Feed the Muscle (BFFM) is a fat loss program which acknowledges the simple truth that going "on diets," entering "Fitness challenges" or competing in "Transformation contests" without having long term goals and a lifestyle attitude, is a recipe for failure. Don't let yourself be part of the latest fitness dropout statistics: visit the Burn The Fat website for more details on how to change your lifestyle... and keep the change! [www.burnthefat.com](http://www.burnthefat.com)

[Article Source: http://www.bodyformind.com/db](http://www.bodyformind.com/db) (View article in its entirety)

Tom Venuto is a natural bodybuilder and author of the #1 best selling e-book, "Burn the Fat, Feed The Muscle," which teaches you how to burn fat without drugs or supplements using the little-known secrets of the world's best bodybuilders and fitness models. Learn how to get rid of stubborn fat and turbo-charge your metabolism by visiting: [www.burnthefat.com](http://www.burnthefat.com). To get Tom's free fitness newsletter, visit: [www.tomvenuto.com](http://www.tomvenuto.com)