

The Divine Breakthrough Newsletter

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

▪ **Summer 2006** **Volume 1** **Issue 1**

WELCOME!

It is with great honor and humbleness that we welcome you to the first 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.

Each issue will include the following sections:

- ❑ 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)

"But seek ye first the kingdom of God and his righteousness; and all these things shall be added unto you (Matthew 6:33)."



Prayer and Praise!

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

Dear Heavenly Father,

We come at this moment acknowledging You as our Creator. The one who made us and knows all about us. You are omnipotent—all powerful. You are omniscient—all knowing and yes Father, You are omnipresent—ever present. Thank you Lord for being our God. We worship you for who You are. We give all praise, all honor, all authority, all power and all the glory to You!

Lord God, we thank you for your Son, Jesus Christ whom You sent to die on the cross for our sins. We are so grateful that You loved us so much that you would give up your only begotten Son just for us! Thank you Jesus! We thank you for the Holy Spirit, who gives us comfort.

Lord you told us in your Word that we should pray for one another. Therefore, we obediently take this opportunity and privilege to intercede for persons—Your children, who are reading this right now. We also pray for those who do not know You in the parting of their sins. Lord we ask that You have mercy upon them. We ask that You minister to them one-by-one and need –by-need. Strengthen them where they are weak; build them up where they may be torn-down.

Oh heavenly Father, You said that we could call on You and You would hear us and show us great and mighty things that we never knew. I don't know what persons are standing in need of; however, I know that You do. Your Word says that we should cast our cares upon you, because you care for us. You said that You would never leave or forsake us. God we thank You for your promises.

Your greatness...Your majesty, we thank You for all the blessings You have granted us from our early existence until this very moment. We pray that we will glorify You through this ministry and this newsletter and all that we do. Please continue to guide us and direct us in the way that You will have us to go!

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

Inspirational Quote or Poem...

God Is The Answer

When you are tired and discouraged from fruitless efforts...
God knows how hard you have tried.

When you've cried so long and your heart is in anguish...

God has counted your tears.

If you feel that your life is on hold and time has passed you by...
God is waiting with you.

When you think you've tried everything and don't know where to turn...
God has a solution.

When nothing makes sense and you are confused or...
God has the answer.

If suddenly your outlook is brighter and you find traces of hope...
God has whispered to you.

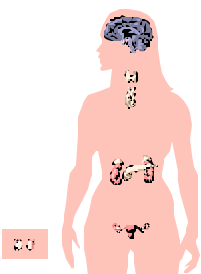
When things are going well and you have much to be thankful for...
God has blessed you.

When something joyful happens and you are filled with awe...
God has smiled upon you.

When you have a purpose to fulfill and dream to follow...
God has opened your eyes and called your name.

Remember that whatever you are facing...
God knows!

Author Unknown



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

□ Body, Soul, and Spirit

In this day and time it seems impossible to live a life of health, fitness, and wellness. Though America is considered the wealthiest and the most privileged country in the world, we are suffering as a nation because of our gluttony. We really have gone too far!

According to the US Department of Health & Human Services, obesity is the leading lifestyle-related cause of disease and death in the United States. Smoking is first. They report that 75% of our nation's people are at least 10 pounds overweight and an estimated 30% are defined as "clinically" obese. We have been dubbed as the world's fattest nation.

Here are some additional facts reported:

- ❑ 1994-1998—56 % of adults in Us were overweight
- ❑ 1999—61%
- ❑ Between 1999-2004—64 %
- ❑ 300,000 deaths each year in the US are associated with obesity
- ❑ Overweight and obesity are associated with heart disease, certain types of cancer, Type 2 diabetes, stroke, high blood pressure, high cholesterol
- ❑ The economic cost of obesity in the US was \$117 billion in 2000

I don't have any hard evidence and I have not seen any studies, but I believe Christians, especially my sisters, are probably leading the way in this national problem. It's a spiritual stronghold! Christians seem to be of the mindset, "**Well I don't smoke!**" "**I don't drink!**" "**I don't do drugs and I don't hangout in night clubs or wild parties.**" We know Scripture warns about these behaviors. You are probably thinking right now, "**I have to eat**"... **don't mess with my food.**" You are right, we have to eat and in of itself, eating is in no way a sin, but when it reaches the point of **GLUTTONY OR REVELLINGS**, which means **EXCESSIVE** and **UNCONTROLLED** eating and drinking-- or anything, it is now a sin in God's eyes.

My reason for sharing these facts is two-fold: 1) to get your attention to see the serious of our current condition, and 2) to let you know as believers we are sinning against God and we are not honoring Him with our bodies. My sisters and brothers in Christ, we need to wake up! The number of people who are overweight and obese has reached epidemic proportions...it is a disease. We are eating ourselves into a premature grave. **We need help from the one who created us, the Father!**

God really does care about our health and wellness. Matthew 18:19-20 it says, "... if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. The Bible also says, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth (3 John 1:2). Finally, in 2 Chronicles 7:14 God said, " If my people who are called by name, shall humble themselves, and pray, and seek my face, and turn from their wicked way; then shall I hear from heaven, and will forgive their sin, and will heal their land."

Let's Seek HIM together!



Healthy Living Tips and Related Facts...

ACHIEVING A HEALTHY, ATTRACTIVE WEIGHT IS POSSIBLE

1. Decision/Commitment/Plan

- Decide to lose weight.
 - Commit to losing it, whatever it takes.
- Plan a way to lose it; you need a map to get where you want to go.

2. Lifestyle, Not Diet

- A diet has a beginning and an end, which is why most people gain weight back.
- Change to your lifestyle is permanent.

3. Spirituality

- Strength and self-control come from God and a "new nature".
- Willpower alone is often not enough.
- Forgive people.

4. Stress Management

- [Rest](#) and quiet time.
- Play.
- Clean diet; avoid nutrient deficiencies.
- Physical fitness.
- Reduce or eliminate negatives where possible.

5. Regular Exercise

- Relieve stress.
- Increase sense of well-being.
- Increase metabolism.
- Burn fat and calories.
- Tone muscles; improve shape.
- Clean blood of toxins.
- Improve sleep.

6. Expend More Energy (burn more calories) Than Is Being Taken In (eaten)

- Reduce consumption of calories, fat, sugar, and salt.
- Increase activity to burn more energy.

7. Good Nutrition

- Healthy bodies function better.
- Prevent sickness and disease.
- Feel great, have high levels of energy.
- Wise food choices do not make fat bodies.

Source: <http://www.livrite.com/nc/health.htm>. This site is committed to teaching the Church a wholistic approach to human healthcare, highlighting wellness through faith in our God in conjunction with a clean, natural, plant-based (vegan or not) whole-foods diet, free of artificial ingredients, preservatives, drugs, hormones, and pesticides.