

The Divine Breakthrough Newsletter

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

□ **Summer 2007 Volume 2**

Issue 1

WELCOME!

It is with great honor and humbleness that we bring our third 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 Divine Grace,

Frank and Juliette



Scripture(s)

- ✚ “Commit thy way unto the Lord; trust also in him, and he shall bring it to pass” (Psalm. 37:5).
- ✚ “And we know that all things work together for good to them that love God, to them who are called according to his purpose (Romans 8:28).



Prayer and Praise!

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

Dear Almighty God,

This is the day You have made and we, Your children, choose to rejoice and be glad in it. The earth is Yours and all that dwell in it. Lord, we thank you today for another opportunity to serve You. We magnify Your name. Heavenly Father, we come looking to the hills where all of our help comes. We will bless Your Holy name at all times and praise will continually be in our mouths. Lord God, You and You alone are worthy of our praise because you are sovereign. You are worthy just because You are God, our Creator. We gladly exalt Your name above any other name. We know that we are nothing without. You said if we abide in You, and Your words abide in us, we can ask whatever we will and it shall be done for us. You are just so good to us! Thank you for your goodness. We know that You are good, Your mercy is everlasting and Your truth endures to all generations. You said that Your mercies are new every morning. Thank you Jesus for Your mercy and truth.

Father God, we come humbly before you interceding for our brothers and sisters of faith. Lord, we ask that you give strength where there is weakness; patience where there is anxiety; peace and calmness where there is confusion; wisdom where there is lack of knowledge or understanding; forgiveness where there is unforgiveness and bitterness in the heart; comfort where there is pain and sorrow; spread Your joy where there is sadness; and faith where there is fear. God, the people who are called by Your name are hurting! Let them hear from You Lord. You can just speak a word and all will be well. Let them know that You are present and still in control. Give them strength to wait on You Lord. For we know that those who know your name will put their trust in You. For You, Lord, have never forsaken those who seek You. You are our light and salvation: Whom shall we fear?

Jesus help us to continue on this journey of life that is set before us. Teach us to recognize the promptings of the Holy Spirit. Let us not quench Him! As Paul, we will press toward the mark of the high calling in Jesus Christ. Lord it gets hard down here! We can't do this alone. We need you! So Lord we will

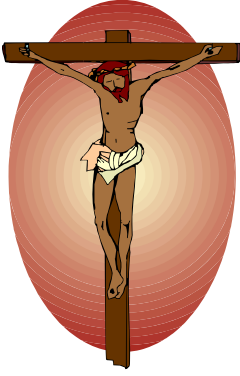
look up! We will look toward the hills from whence comes our help. Let us not forget that all our help comes from You, the Creator of heaven and earth. We must remember for the joy of the Lord is our strength. If You are for us, who can be against us?

Jesus we ask you to forgive us of any sins we may have committed this day, knowingly and unknowingly. We repent! Correct us Lord and show us the right way. Let us not return to whatever it is that is not pleasing in your eyes. Break strongholds or those things that keeps us from experiencing the power and goodness of the Father. Break anything that prevents us from focusing on You and living an abundant live of victory! Set us free from anxiety, anger, bitterness, alcoholism, drug addiction, fear, depression, gluttony, obesity and sexual perversions. We even ask you to take care of those things that were not spoken. Your Words says that if we are set free by the Son, we are free indeed. Hear the cries of the righteous!

This is a servant's prayer that I ask in the name of the risen Savior, Your one and only Son, Jesus the Christ. Amen!



Inspirational Quote or Poem...



VICTORY VOW

By Juliette L. McDonald

This is my body. It is the temple of the Holy Spirit.
It is not my own. It was bought with a price.
Therefore, I will honor God with my body.
I will do all that I can through Christ who is my strength
to present this body as a living sacrifice.

Now that I know better, I will do better!
I will not intentionally or selfishly do anything to
defile or abuse my temple.

I promise to do whatever I humanly can to care for my
God-given temple. Therefore, whatsoever I eat, or drink, or do,
I will do it to the Glory of God.

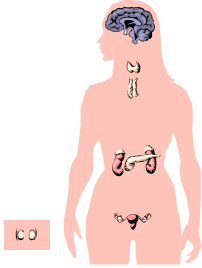
I will present my body, soul, and spirit holy and acceptable unto God.
This is my reasonable service.

Amen!

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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).

Spiritual –Health Connection

I. Gluttony is a Sin

- A. God created food for our enjoyment and pleasure. Its fundamental purpose is to provide energy and to sustain life.
- B. The problem is that in today’s society, we have gone overboard with eating and drinking. Ex. “All you can eat.” “Supersized.”
- C. Experts say food addiction is the hardest “habit” to break.
- D. Obesity and overeating is a stronghold!

II. Obesity Destroys the Temple of God

A. 1Cor. 6:19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

III. Obesity is Poor Stewardship of the Body

- A. 1 Cor. 6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.
- B. Christians are required to take care of the this body (which is a gift) in such a way that we are physically prepared to do whatever God asks of us and whenever He asks it.
- C. Honoring the our bodies means making a lifetime commitment to live healthier and making better choices in the food we eat and to exercise regularly. Our body is a gift.
- D. Not only is obesity poor stewardship of the body, it’s also poor stewardship of our financial resources. Estimated costs associated with overweight and obesity in the US is just under \$123 billion (\$64 billion in direct health care costs for preventive, diagnostic, and treatment services, and \$59 billion for indirect costs such as wages lost by people who are unable to work and the value of future earnings lost because of premature death.

IV. Overeating (Gluttony) Indicates Walking in the Flesh Rather Than the Spirit

- A. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, and **self-control**. Against such things there is no law (Gal. 5:22-23).
- B. Some Christians fear placing too much emphasis on the physical at the expense of the spiritual, but neglecting the body is just as wrong. We are a whole person (body, soul and spirit).
- C. When we are unable to control our eating habit, we lack self-control that is the fruit of the Spirit. Balance is the key! Without taking care of the physical body, we are unable to concern ourselves with the spiritual.
- D. Walking in the fruit the Spirit means using food as God intended—to provide energy for our bodies—and enjoying food in appropriate quantities.
- E. A Well-Disciplined Life Honors God

The story of Daniel demonstrates a person willing to sacrifice physical pleasure to honor the Lord. (Daniel 1:5-17)

Daniel and his friends showed the wisdom of eating properly by including fresh vegetables in their diets instead of overindulging on the king's rich foods. They also demonstrated that by placing the correct emphasis on food as a tool to nourish our physical bodies instead of yielding to our lust for food, we are healthier and better able to follow God's call.

What can the Church (body of Christ) do?

Changing our eating and exercise habits isn't easy, but with the help of God, it can be done.

1 John 5:14-15 says:

14 And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us:

15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

Here are few suggestions to get your started:

- I. It begins with the pastors first and other leaders. They must do an self-assessment to determine if the change needs to start with them. The head, the leader has influence and can set the standards.
- II. Speak up and encourage your church members to have self-discipline in all areas of their lives. Help them to recognize the spiritual-health connection.
- III. The Bible addresses eating, indulgence, self-control, self-discipline, gluttony, and other related sins and the pastor and/or other designees should be able to address this topic in the church without fear of offense. Present it in love and concern for the members' quality of life and total well-being.
- IV. Create or enhance current Health & Wellness Ministries that not only address health diseases/conditions, but also promotes health and well-being as a lifestyle.
- V. Create and implement preventive and proactive programs and activities that educate, encourage, elevate and enlightened and empower members, e.g., benefits of eating healthy, and exercise tip of the week; health-related classes, health fairs, health care resource board or room; and weekly prayer walks; Christ-centered motivational speakers and seminars; Bible-based weight loss programs—First Place!
- VI. Lay a Solid Foundation of Faith, Prayer & Persistence.
- VII. Apply 5 Essential Building Blocks: Confession, Confidence, Courage, Commitment & Change: It's for life!

For more information about health and wellness from a biblical perspective and the biblical principles mentioned in number seven above, 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 or from her publisher at www.trafford.com. When purchased directly from the author, you will be shipped an autographed copy within two business days (US residents).



Healthy Living Tips and Related Facts...

Get Fit, Stay Healthy

The benefits of exercise may sound too good to be true, but decades of solid science confirm that exercise improves health and can extend your life. Adding as little as half an hour of moderately intense physical activity to your day can help you avoid a host of serious ailments, including heart disease, diabetes, depression, and several types of cancer, in particular breast and colon cancers.

In addition to the disease-fighting properties of exercise, regular activity can improve the quality of your life and your general well-being in many other ways, such as helping you sleep better, reduce stress, control your weight, brighten your mood, sharpen your mental functioning, and improve your sex life.

Exercise at a Glance

In a nutshell, exercise can:

1. Reduce your chances of getting heart disease. For those who already have heart disease, exercise reduces the chances of dying from it.
2. Lower your risk of developing hypertension and diabetes.
3. Reduce your risk for colon cancer and some other forms of cancer.
4. Improve your mood and mental functioning.
5. Keep your bones strong and joints healthy.

6. Help you maintain a healthy weight.

7. Help you to look younger and feel better.

The foods you eat every day can have a tremendous effect on your health. Decades of research have produced study after study showing links between diet and serious illness. A healthy diet has the power to prevent heart disease, hypertension, diabetes, gastrointestinal disorders, some forms of cancer, blindness, and birth defects. It *does* matter whether your breakfast is a doughnut or a bowl of oatmeal, whether your sandwich is ham and cheese or hummus and tomato, and whether dinner is steak or salmon. Dozens of other food choices you make can affect how long — and how well — you live.

The influence of diet on heart disease and some forms of cancer is well-known. But determining which foods have the greatest effects has not been easy. The search for the diet-heart connection has been fruitful, but attempts to establish links between cancer and diet have had less success. For example, pooling of data from the Nurses' Health Study and the Health Professionals Follow-Up Study showed that a diet high in fruits and vegetables has strong benefits for the heart but no significant benefits for cancer prevention. This doesn't mean that certain nutrients, vitamins, or types of food don't have an effect, but rather that the specifics have been more difficult to pin down than expected.

Eat for Your Health

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Source: Everyday Health: Women's Health Center. www.everydayhealth.com