

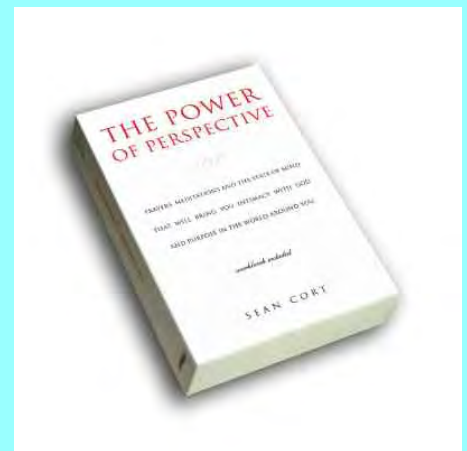
SNACK FOOD FOR THE SOUL

LIFE ENHANCING DEVOTIONALS
INSPIRED BY THE BOOK, *THE
POWER OF PERSPECTIVE*. WRITTEN BY
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WEEK OF 7/5/2010

Feast on this...

THE TOTAL PACKAGE

How many times have we heard a story of a believer in Christ who has so much promise to offer the world and all of a sudden they are taken from us? Suddenly losing someone especially when they are still so young seems to compound the tragedy. Many of us are running a committed race of staying ahead of our obligations and keeping our head financially above water. We strive to provide



for our family or at the very least contribute our piece to the pie. Tough economic times have impacted businesses that thought they were bullet proof. Churches and schools are even being forced to close their doors.

The good thing about tough economic times is that a lot of distractions and fluff are removed. This gives us a more clear focus on the things that really matter like growing closer to our God and the people in our lives who really should matter. So far this all should sound familiar and pretty much what you are already doing. Now what if God forbid, you are suddenly taken from this story? Not a pleasant thought at all, I know. But don't turn away now; God has you reading this to bless the people in your life who love you.

Because I love you and want the best that God has for you, please allow me the opportunity to be candid with you. When was your last physical? What is your cholesterol level? What is your blood pressure? Do any diseases such as cancer, heart issues, stroke and aneurysms run in your family? If you've answered yes to any of these questions, what are you doing about it? Ladies, when was the last time you had your annual GYN and breast exam? Does breast cancer or pelvic diseases run in your family? Again, if so, what are you doing about it?

God loves you enough to heal you and provide for you until His grace for YOU runs out. But He will call you home when you have proven yourself disobedient and ineffective to do what He has created you to do. Your body was created to talk to you through warning signs. This is not a message we hear enough of because we are all in the fight of our lives to stay alive, avoid the commission of sin and get blessed in the process. There is also the sin of omission and that requires even more of the ability to hear from God and our bodies.

You and I have both lost friends and family members to sudden death from heart attack. Some friends I've lost because they didn't even know they had diabetes. They fell into a diabetic coma and died in their 20's and 30's. We know women who have died from breast and uterine cancers because they failed to heed the warning signs their body was sending them. Perhaps it was out of fear or the confidence in their youth or that God would guard them in

their fears. Either way, they were wrong.

In the body of Christ we place so much emphasis on treasures laid up in heaven that we forget about "Life and life more abundantly". The church body is the unhealthiest group of people you will find anywhere on earth. Most of us are heart attack and stroke statistics waiting to happen. We find great comfort in church and talking about God's love and redeeming power but find more comfort in the foods we eat after the service.

So here's the devotional. How much more time in the day would you be able to devote to serving the Lord if you actually knew what HE wanted of your day? How much more time in that day would you be able to devote to HIM if you had the energy or the drive? Do you know that eating less processed sugar can immediately lower your risk for certain cancers? Did you know that substituting some of your comfort foods with a high anti-oxidant food such as berries or nuts can increase your energy? The medical industry has clearly established that diets high in fish oil increases brain function and lowers the risk for cardiac diseases.

Jesus said in John 10:10 in the Amplified Bible, "The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)". Jesus not only wants us to abide in spiritual abundance, but He wants us to thrive in physical abundance. This means good health. Your body is the temple of the Holy Spirit so there fore it is not yours to abuse, but His to care for until he returns to claim it. Think of how lives would change if you suddenly disappeared? We would miss your smile, your humor, your good looks and charm and even the way you express yourself.

Although no one may say it enough, but your TOTAL PACKAGE is appreciated and loved more than you know.

FURTHER CARE OF THE TOTAL PACKAGE.

Please log onto
www.thepowerofperspective.net for
complete written FAQ's and articles by
Primary Care Physicians(PCP's),
Pediatricians, Cardiologists, GYN's and
Psychologists on maintaining good
physical and mental health.

For all of those who voted and extended
your well wishes for our Oprah audition,
THANK YOU so much! We will keep you
posted.

Have an indescribably blessed week!

Sean