

Lessons Learned By Pastor's Trial With Clogged Arteries

Full sermon text transcription

Nov. 25, 2022 (1<sup>st</sup> day of 9<sup>th</sup> biblical month.)

Let's turn to the book of 1 Chronicles, Chapter 16.

This is the ninth new moon, the first day of the ninth biblical month.

That means we're in the month of Hanukkah now. Amen.

This is the month of Hanukkah coming up very soon.

We just got done with Thanksgiving here in the United States and the American territories.

And we praise God for the day of thanks.

And it was good for us, a very special day, because of how that,

just the day before Thanksgiving, that I had a tremendous turnaround in my health condition.

My health was deteriorating. I was having clogged arteries.

And although my symptoms were serious,

especially Tuesday night that became more serious,

I refused to go to the doctor or hospital or emergency room,

but instead chose to use natural remedies mixed with faith and prayer.

But as of Wednesday evening, less than 24 hours after the worst part of it,

that's the thing about it, is less than 24 hours after the worst part of it,

I had the tremendous turnaround.

Great improvement. Praise God.

And I do greatly appreciate everyone's love and concern and all your prayers for me.

Praise God.

And I also do appreciate those that showed great concern

and those that were urging me to go to the doctor.

I understand your concern, and I appreciate your love for me.

However, I am so glad that I was not convinced by anyone to go to the doctors.

And there's quite a few reasons why.

I'm glad that I stuck it out with natural remedies and faith and prayer.

And we're going to go over those reasons today.

Some were physical reasons and others were spiritual reasons,

but they're all connected in a spiritual way in some sense or another.

One thing is that I have read a whole lot about those drugs that they're called statins

and blood thinners and things that they prescribe you for cholesterol and triglycerides

and chloride arteries and the such.

I've read a lot of those, seen a lot of reports over and over and over and over, countless, countless reports of how that those particular drugs for those conditions, how that they many times are not as effective as people think.

Of course, you know, the doctors, hospitals and drug industry,

they make it look like there's been so much tremendous success with those things.

But the reality is that the success with such drugs is not as good as reported.

A lot of the success that have been seen with people using those drugs is because at the same time that they're using those drugs,

they are increasing exercise and changing their diets because of the seriousness of their illness.

Therefore, they have to they have to have a change of lifestyle.

And the doctors that prescribe those drugs are the same ones that tell you, you must have a change of diet and you must increase exercise.

So which one is working if you're doing both at the same time?

How can you tell which one if you're having a benefit?

How can you tell which one it is if you're doing both the change of lifestyle and the drug at the same time?

And they recommend both the drugs and the change of lifestyle.

So, of course, we want to have the change of lifestyle.

Of course, we want the more exercise and the change of diet.

Of course, we do. Absolutely.

It's recommended by the doctors. Amen.

But the drugs have shown and proven time after time after time after time that they pose a risk and the risk and the side effects are much more than reported. Just look at the fake vaccines, what they call a vaccine, which is not really truly a vaccine.

And even the ones that are truly vaccines for other illnesses throughout time, even those vaccines that the illnesses and side effects and the deaths and the sicknesses

that have resulted from such things are much, much, much larger than reported.

Can we really trust the medical establishment, especially now with the developments of the last two and three years?

I would say not for the most part.

Now, don't get me wrong.

Everybody that's been following this ministry for a while, you know that I'm not totally against going to the doctor and hospital and taking medicine.

I'm not totally against it.

There are times that we need to go.

Amen.

Car accidents and other situations.

There's a lot of different situations, a lot of different scenarios where you would need absolutely to go to the doctor or to the hospital. Absolutely.

I'm not totally against it.

There are a lot of people out there that think that they are seeking the truth and growing in the truth and finding the truth that are totally against the medical establishment

and doctors and medicines and vitamins 100 percent.

And they absolutely refuse it and think that all of it is witchcraft.

And that is going too far to the extreme.

I know that there has been times in my past and other people's past when they did the natural remedies mixed with faith and prayer long term and did not give up and just continued and continued and continued to pray and pray and pray and pray and pray

and used the natural remedies and just never saw any results  
and had to eventually take the doctor prescribed medicines.  
Those situations do occur.

And to deny that could result in death.

It is not witchcraft to take a medicine described by a medicine, I mean by a doctor.

Now, we know that it depends as far as health wise it depends on what you should take,  
what doctor you should go to, what hospital you're willing to go to,  
and what medical advice you should listen to.

But that is mostly physically speaking concerning side effects and physical risk.

But on a spiritual level, it is not witchcraft to take a medicine.

The word pharmaceutical in Greek that the Bible does warn about in the book of  
Revelation about sorcery

was at that time that it was written was directly connected, not indirectly,  
but directly connected to people seeking divine revelation, dreams, magical visions,  
a word from God through drugs and potions.

Or else immediate healing as soon as you swallow it through magical powers.

It was a magical thing.

Now, different pagans throughout time took the same thing and made it more physical.

And that's how the word for sorcery, pharmaceutical, became transitioned into  
something totally physical.

It is because they started eventually mixing what was the guy, Hippocrates and other  
men

mixed the magical with the physical science.

And that's how the name got confused.

But at the time, mostly, of course, even they was already mixing the physical realm,  
even when the book of Revelation was written, yes, it was already being mixed together,  
getting confused.

But when John wrote it in his mind, in his heart, and through the Holy Ghost,  
it was talking about magical witchcraft of seeking divine revelation and dreams and  
visions through drugs

like people still do today. There's a lot of people still yet today.

Smoke marijuana, do LSD, heroin, other drugs for the purpose of, for the express  
purpose

of having a revelation or dream or vision from God.

That is witchcraft. Swallowing a pill for your health is not witchcraft.

Let's use a little bit of logic, please. Let's use logic in that.

So my decision to not go to the doctor for my medical condition has nothing to do with  
witchcraft.

I was not trying to stay away from witchcraft.

But rather, I was trying to stay away from the risk of the physical side effects  
and the path that it would take.

Once I walked into that doctor's office complaining about a clogged artery,

they would be wanting to not only do an ultrasound, but stick things in my body

and poke my body, stick things going all the way up into my heart and all this crap.

And I did not want to be treated like a specimen on a table in a flying saucer UFO

of the aliens experimenting on me. I did not want to go down that route. Amen.  
Now, of course, if it had gotten worse Tuesday night or the next day or the next night,  
if it had continued to get worse and worse, I would eventually went to the emergency  
room. Absolutely.

But I was not yet ready to give up. Amen.

And there are several lessons that we can learn from my experience here in one  
Chronicles 16,

verse 11, verse 10. Actually, we're starting this can.

This is page 168 in the history volume page 168 for the people that are just coming in.

One Chronicles 16, verse 10, praise His holy name, the heart.

And we're physically talking about the heart, the blood, the blood vessels, the  
vascular system today.

But of course, this is spiritual. Praise His holy name.

The heart that seeks his pleasure or his will shall rejoice.

Seek Jesus and be strong. Seek his faith continually. Amen. Praise God.

Now, the heart, people would say you're twisting this.

But the reality is there is scientific proof, documented proof that the physical heart  
is directly related to the spiritual heart. Amen.

I just posted a picture just the other day of Dr. Mercola.

Very well-acknowledged, very experienced expert medical doctor in the physical realm.  
Amen.

Very well respected by truth seekers. Amen.

And many, many years of experience in the physical medical establishment.

And he says that it is well documented and it is true. It's well documented.

And I even I even in person a few years back was even told by a medical doctor locally  
that science proves.

That when you're happy and when you use faith and when you use prayer and when you  
rejoice and are thankful.

And exercise gratitude and have a positive mentality that the result is a healthier  
heart, a healthier body.

Your physical health will be better because of a positive attitude. Amen.

Absolutely. This is documented over and over and over and over.

So your physical heart and your spiritual heart are connected. Absolutely.

That's really cannot be debated. It's fact.

So the heart that seeks his pleasure, that means to please God, his will, seeks his  
will, shall rejoice. Amen.

And let's seek him continually and be strong to seek Jesus.

And we know that the first commandment is to put God first, not last, not second, not  
third, but first.

And the first first four commandments is how to show your love to God.

First four commandments, how to show your love to God, whereas the last six is how to  
show your love to mankind.

And this is done through much more than just praying and fasting and being baptized  
and keeping the holy days and keeping the physical laws.

Much more than that. Amen.

To show your love to God is to trust him, to put your faith in him on a mental level and a spiritual level in all things, in all things.

To put God first in all things, your finances and your health, your worship, your money, your time, everything.

Putting God first and putting him as the highest priority over and above all priorities. Amen.

So if we apply this to our health and to medical situations that arise, we should give natural remedies,

mixed with faith and prayer, the first opportunity rather than the medical doctors and drugs. Amen.

There is a time for medical doctors and drugs, but not first.

The natural remedies that God created, the natural medicines that God created in the spices, the herbs, the foods, the water, fresh air, sunshine, that should come first in our treatment of our medical conditions. Absolutely. Amen.

Now I received an amazing, mind-boggling, amazing confirmation as I was typing out these sermon notes of the verses that I would share with you today.

And I typed in the word strength because it says here in verse 11, to be strong.

And so I was typing the word strength for my sermon notes.

And as I was typing that word strength, I heard out loud the word strength come from my wife's Christian Bible app.

It was talking, the computer app, the phone app was talking. It was talking about something and the word strength.

I heard out loud come from that within whatever it was talking about.

To hear the word strength at the very exact moment that I'm typing the word strength, that's not coincidence.

That's God. That's God. And we see that type of divine miracle in this ministry constantly. Praise God.

God wants us to be strong physically, mentally, emotionally, and spiritually. It's all connected. You can't separate it.

You can't. The physical and the spiritual heart are created to be connected.

Amen. Until death, you cannot separate them.

Let's go over to the book of Romans now. Romans chapter five.

Page 166, if you have the paperbacks of the Alpha and Omega Bible.

Romans five, verse one. Therefore, having been acquitted by faith, we have peace with Theos through our Lord Jesus Christ,

through whom also we have obtained our introduction by faith into his grace in which we stand.

And we rejoice in the hope of the glory of Theos.

But not only this, that we ourselves rejoice in our tribulations, our trials and tribulations, our problems.

Knowing that tribulation brings about perseverance.

And that's another thing that we can learn from my trial, my tribulation that I've been experiencing over the last couple of weeks, is that we should rejoice in our trials and our sufferings.

Knowing that tribulation, it says here, knowing that tribulation brings about perseverance.

And perseverance brings about proven character. It builds your character.

And proven character brings about hope. And hope does not disappoint.

Because the love of Theos has been poured out within our hearts through the Holy Ghost who was given to us.

Amen.

So we can, through the trials and tribulations that I've been suffering, I'm hoping that the entire Church and all the new people, the people that come into the ministry,

when they come and listen to this sermon later, that you learn perseverance.

Because the natural remedies will not work as soon as you swallow them.

Amen. It takes time. It takes time.

So we should not give up easily. You should expect it to take time.

We should not give up easily. We need to learn perseverance, to stick to it and to give it time to work.

And if we learn perseverance, that will build our character.

It would give us greater faith for the next time and the next person.

It would give us more hope for those next time and the next person.

And it will not disappoint. Excuse me. It will not disappoint. Amen.

We have the Holy Ghost in us if we're truly saved. That's the power of life.

That's the power of the resurrection. That's the power that brings the dead back to life.

We have healing inside us if we will allow it time, if we will allow Him time to work.

He chooses, many, many, many times, He chooses to not instantly heal us physically nor spiritually.

So that we have the opportunity to build character.

If everything was just as easy as Him waving a wand, then we would remain babies forever.

And we would have weak characters, weak personalities and not be strong people. Amen.

Therefore, we should rejoice in such tribulations.

And I know that that does not come natural to a sinful man and a carnal man.

It's difficult to rejoice in trials and tribulations.

But through the power of the Holy Ghost, we're not the carnal man anymore. Amen.

We're not like the rest of the world anymore. We once were.

But we are no longer like the world. Therefore, we can do something different than they do.

We can rejoice in trials and tribulations. We can learn to do that. Amen.

Because once you get through that trial and tribulation, having trusted God and done the natural remedies

and seen the turnaround and have greater hope and greater faith, that makes you rejoice.

Builds your character, makes you a better person.

And therefore, you can learn next time to see the opportunity for God to work.

I've said it before. I will say it again.  
The larger the problem, the greater the opportunity for a miracle. Amen.  
So now, the whole church can learn from this. Amen.

Let's go over to the book of James, chapter one.  
And I am to set an example, am I not? Amen. I am to set an example.  
Let's go over to James one. It's right there after Hebrews.  
And I do not want to set a weak example, but rather a strong example.  
My endurance, my perseverance, my faith must be graced that I may set an example.  
James one, verse one, James, a bondservant of Theos and of the Lord Jesus Christ  
to the twelve tribes who are dispersed or scattered abroad, greetings.  
Consider it all joy, my brother, when you encounter various trials,  
knowing that the testing of your faith produces endurance.  
And let endurance have its perfect result or perfect fruit  
so that you may become perfect and complete, lacking in nothing,  
talking spiritually, mentally, emotionally, building a strong character.  
Amen. Verse five, But if any of you lacks wisdom,  
let him ask of Theos who gives to all generously and without reprimand,  
and it will be given to him.  
But he must ask in faith without doubting,  
for the one who doubts is like the surf of the sea, driven and tossed by the wind.  
Amen.

So we should exercise faith when we're using the natural remedies.  
Now, it may or may not work.  
Many times when it doesn't work, it's because our dosage of the physical remedies is  
not strong enough.  
You might have to double it, even triple it.  
But the natural remedies, many, many, many times when it doesn't work,  
it's only because of the dosage, not because it would not work.  
But people don't use enough of the dosage of the natural remedies, many times.  
So you have to give it time, but you also must use the proper dose.

And when you have a serious condition and acute condition,  
then that's the time to increase the dose.  
Once you get over the acute illness and you're left with only the chronic, long,  
continual illness,  
then you can lower the dose and take the medicine, the natural remedy,  
at a lower dose over a long period of time.  
But for acute, urgent situations, it takes a larger dose.  
But we must, must mix the natural remedies and the proper dose with faith, endurance,  
perseverance,  
knowing that it has the opportunity to work, knowing that it can work,  
especially if you have done your research. Amen.

We must consider that the pastor did not go into this trial and tribulation  
and choice of natural remedies in complete ignorance. Amen.  
I have been around enough people with heart conditions.

I've experienced life. I'm not a young man anymore.  
I'm not ignorant of such things.  
And not only have I been around the people with heart conditions,  
but also going into this trial and suffering, I went on the Internet.  
Of course, would I not?

Would I not go on the Internet and research it and read?  
And of course, I would read more than just one page, more than just one article,  
more than just one website, but multiple, multiple websites  
to get a more complete list of remedies and dosage and other people's experience.  
What I like to do is not only get, not only read a website that lists the possible  
remedies,  
but also websites where it is people themselves that have actually used the natural  
remedies,  
Earth Clinic, Earth Clinic might be EarthClinic.org or .com, I don't know.  
But I have used that Earth Clinic website many, many times throughout the years, for  
many years.  
It's a great website of where it's not just someone talking, it's not just someone  
typing their advice,  
but rather it is people from all over America and all over the world  
that are giving their personal testimonies of what they actually tried and what worked  
and what didn't.  
And it tells you how many people said that this particular remedy worked.  
So that you can look at not the remedy that only one person said worked, but the  
remedy that had the most results.  
And not only the remedy they used, but how they used it, the dosage they used it,  
what their symptoms were, how long it took to work, all of that.  
It is people giving their personal testimonies of what was happening and what they did  
and how long it took to work.  
And even sometimes they'll say what they had previously tried and didn't work.  
It's a great website.

And things like this, I do my research.  
I don't go into these things ignorantly when I make a decision and what to use.  
So I'm not a young man anymore.  
I'm not a teenager. I'm not a little boy.  
I know what I am doing.  
And I do have the Holy Ghost.  
I do have God leading me, talking to me, correcting me.  
And He knows when to nudge me a little bit harder. Amen.  
We must consider all these things. Amen.  
We should mix the natural remedies with faith. Amen.  
Faith and prayer.  
It's not just relying entirely on the natural remedies,  
but asking God to use those natural remedies or even when we do take a doctor  
prescribed medicine,  
even then, in those situations, asking God to use what we are doing and what we are  
taking

that God would use it, that God would take it and use it and help us, relying on God.  
Amen.

And we must consider also the Great Tribulation.

What are we going to do in the Great Tribulation when we can no longer go to the doctor?

What are we going to do if we have not yet learned the natural remedies,

if we have not yet learned of perseverance and endurance and faith and prayer?

We have to learn all these things now so that once we get into the Great Tribulation and we can't just run to the doctor like a little girl to her mommy.

We have to learn those things now so that we can survive better then.

And when I had read those websites, those testimonials from people outside the church, people that are not truly saved saying that apple cider vinegar or the molasses or the cayenne red pepper,

whatever, that worked for them, that it worked without them going to the doctor.

Or they did go to the doctor, but the medicine didn't work.

And then they went to the natural remedies and that did work.

All these different testimonies and they're not even saved.

They don't even have the power of life in them.

They don't even have the power of the resurrection in them.

If I'm reading such testimonials of people outside the church that they're not even saved and it worked for them,

then why wouldn't it work for us inside the church that does have the power of life in us?

Amen?

Amen.

Praise God.

Let's go to Revelation 12.

Finally, Revelation 12.

Context is the Great Tribulation verse 10, Revelation 12 verse 10.

When I heard a loud voice in heaven, then I heard a loud voice in heaven saying,

Now the salvation and the power and the kingdom of our Theos and the authority of his Christ has come.

For the accuser of our brother, the devil, has been thrown down.

He who accused them, accused the saints before our Theos day and night.

And they overcame him.

The saints overcame the devil by the power, by the blood of the Lamb.

That means we are claiming the blood and by the word of their testimonies.

We have to be able to give testimonies.

And they did not love their life even when faced with death.

Meaning they're willing to lay down their life for the truth and for Christ and for obedience to God.

Even at the threat of beheading or torture or anything else.

Amen.

This is at the timing of Purim and Passover at the Great Tribulation.

At that day and time when the fifth seal will be opened.

Sometime very soon in the future.

Whatever year.

But it can be applied to us right now because we have to learn these lessons now.

Amen.

How are we going to overcome the devil in the Great Tribulation?

If we have not yet learned now about testimonies.

Giving our testimonies.

Learning our lessons.

Building some character.

Amen.

If at all possible we would want to not enter the Great Tribulation as babies.

But as mature and strong.

Amen.

We overcome the devil by claiming the blood.

That's anointing yourself with oil or water or anything you have.

And saying I anoint myself in the name of Jesus.

And many times claiming the blood verbally.

Saying I claim the blood of Jesus Christ for protection.

For healing.

For deliverance.

Whatever it may be in that situation.

We need to be doing that.

And giving the word of our testimonies.

Now the trial and situation that I have been experiencing gives me another testimony.

And if it had not been for this trial and situation I would not have this particular testimony.

Amen.

Praise God.

This is a tremendous testimony.

Praise God.

Now I'm still suffering just a little bit.

I have just a little bit of pain.

I still have some exhaustion.

I will continue the natural remedies mixed with faith and prayer.

And I will.

I will.

You can write it down.

I will get entirely through this without going to the doctor.

Praise God.

This gives me another testimony.

And it's a testimony not only for myself but also for the ministry.

The entire church.

And we will overcome the devil by the word of your testimony and my testimony.

The testimony is that God is able.

Amen.

God is able.

And God is.  
Many times, many times.  
Willing and able, willing and willing.  
If we give him the opportunity and not push him aside.

If we would persevere and endure and keep praying and keep trying the natural remedies and try different ones and try stronger ones and try larger doses and not give up. There is a time that we must eventually, sometimes, some situations say, okay, I have tried but now the situation is getting so bad I've got to go to the hospital.

That does occur because we don't live in a perfect world.  
And the will of God does not always have victory in the physical realm in every situation.

And sometimes the will of God is that your trial and suffering be a little bit harder. Sometimes it is the will of God for you to go to the hospital and have a surgery and for your trial and suffering to be even more dramatic and more severe. Sometimes it is what you need.

But in this situation, no.

In this situation, I was carefully monitoring my oxygen levels and my symptoms and my conditions and taking it one day at a time, one night at a time, one minute at a time.

And even though it came close to going to the hospital, think about this. How that, after having the very worst night, it was that same very next day that I had the complete turnaround of not just slightly feeling better but feeling much better, much better in a short period of time, in less than 24 hours. That is a tremendous turnaround. That is a tremendous testimony. But I would not have that tremendous testimony if I had given up that night so easily.

And I had received news over a month ago that Amanda was severely ill. Brother Meekness in Zimbabwe had notified me that she couldn't barely talk, barely move.

I did not say use a natural remedy. I said get her to the hospital.

That was my immediate reaction. That was my first reaction.

I did not tell Brother Meekness to give her cinnamon and garlic and all these things when she could barely move and barely talk, only a whisper.

That was a horrible, severe, extreme situation, an urgent situation.

I was get her to the hospital now.

There are times that we must do that.

But when that did not work, and it didn't,

then I was let's do the natural remedies and let's stick it out.

Let's do this natural remedies and persevere and endure

and do more natural remedies and stronger doses and different herbs until it works.

And we are still doing that for over a month now, the natural remedies for Amanda.

And she has seen improvement, but not enough improvement.

But they've already done the drug route. They've already done the doctor route.

So we will continue the natural remedies.

And I sent a love package with natural herbs and stuff that they don't have access to,

that they can't get there.  
And we're praying for that package to arrive any day.  
And I need your prayers.  
Everyone of you please pray that that package will arrive quickly, very, very, very soon  
so that she can start those particular herbs that they've not yet tried  
and see much more improvement.  
Please be praying earnestly and much for Amanda. Amen.

Brother AJ in Korea has reported some improvement as well  
from a natural, another vitamin that he had not yet tried.  
And when I told him about that, he ordered it and he reported to me recently  
that he had seen some improvement from that one.  
And he had seen improvement from other vitamins and herbs previously as well.  
But he still has a long way to go as well.  
So let's pray for AJ, also Sister Kiki.  
And she had just got molasses just the day or two after I had told her about molasses.  
And so her brother was able to go and get some molasses for her after I told her about  
molasses.  
So we praise God that she was able to obtain that.  
Let's pray that it will help her.

And Brother Jonathan, he's still suffering a whole lot of pain in his health as well.  
Let's pray for Jonathan and others that continue in sickness.  
And let's pray for Brother Edward in Scotland that has to take care of his wife that  
is very ill,  
has been for a long time now.  
And she's bedridden and he has to take care of her.  
Let's continue to lift up Edward in prayer and let's pray for my wife.  
She has seen some improvement.  
She's improving and she's going to improve more.  
Absolutely, I have no doubt.

But I am long suffering.  
I am persevering.  
I am enduring.  
Amen.

And she wants to constantly talk about wanting to go to the doctors.  
And I keep telling her, you don't need to go to the doctor.  
If she did need to go to the doctor, I would take her.  
I would make the appointment.  
I would drive her.  
I would be there with her hand in hand.  
But that's not what she needs.  
What she needs is more faith, more exercise, more reading the Bible,  
more perseverance and endurance and joy and rejoicing and praising is what she needs.  
And I say that publicly because she needs your prayers that she will praise more,  
that she will read the Bible more, that she will be more rejoiceful and more thankful  
and more exercise and these things are things that she needs.

And we know that it's really up to her and not you and not God.  
But nevertheless, let's pray this anyway in this situation.  
Just me saying this out loud to you could be the motivation for her.  
Amen.

And we also know that the medical establishment is getting worse and worse  
and worse and worse every month.  
We know that they are now mixing the I think it's M, R, whatever those letters are  
that the fake vaccine is based upon, the very dangerous, very toxic things  
that the COVID vaccine is based upon.  
They're mixing that now with the flu shot and other vaccines and other shots  
and other medicines and they want to put it in fruit and vegetables.  
They want to put it in water.  
They want to put it in everything.  
They're trying to kill us.  
So the medical establishment that we have now is different from the medical  
establishment  
in part that we had back when I was a teenager, back decades ago.  
Things have changed because society has gotten more wicked.  
People have become mad, insane more than ever before.  
So things change.  
Things change.  
And as those people and those medicines and those drugs become more demonic  
and even secretly putting things in those things and not even telling us,  
then we should trust them even less.

And I have posed it many times, many times, over and over and over and over.  
I have posted the scientific evidence that proves that women should not go  
to get the breast and vagina examined every year, the pap smears, the mammograms,  
all that crap, that actually those things are causing cancers.  
I have proven this. I have documented this.  
I have posted this over and over and over, different doctors, different sciences,  
different studies declaring that those things that they're saying that prevents  
the cancer is actually what's causing the cancer, as well as sunscreens,  
deodorants, cosmetics, other things causing the cancers and problems.

Unless you're having symptoms, don't go to the doctor.  
Don't go for the test.  
They won't pay for to go and be tested for COVID even when you don't have symptoms of  
COVID.  
Then you go and you have nothing more than just an exposure to somebody who had a cold.  
It shows positive that you have COVID and yet you don't have COVID.  
But your body has developed antibodies, antibiotics, antibodies.  
Your body has developed antibodies to being exposed to somebody with COVID  
or a cold or a flu, and the test says you have COVID.

If you go to the doctor, you're going to come out sick.  
A lot of the time, amen.  
Amen.

I've seen this over and over.  
I'm becoming an old man now.  
I've got some experience behind me.  
I've seen this over and over and over that people go to the doctors feeling well,  
and they come out sick with an official diagnosis that you've got this disease,  
and the person claims the disease, and then their condition deteriorates  
after they claim the illness that they didn't even have until the doctor told them.  
Stay away from the doctor unless you are dying.  
Amen.

And you know, not only the women they're doing this to, they're doing this to the men  
as well,  
and they're saying to men over 40 and over 50 especially,  
let the doctor stick his finger up your butt once a year.  
I'm like, "no, you ain't doing that to me.  
You ain't probing me.  
Stay away from me.  
Keep your finger out of my butt."  
If I had symptoms of prostate cancer or prostate problems, then maybe, maybe.  
But if I don't have symptoms, keep your finger out of my butt.

And you women, if you don't have symptoms, don't allow the doctor to finger you.  
And stick cotton swabs and everything else up your vagina.  
The only person that needs to stick anything up your vagina is only your husband and  
only your husband.  
Unless you have symptoms.  
I don't know how many times that I am going to have to post scientific evidence to get  
people convinced of the facts.  
That people are so programmed, so brainwashed that you got to do this.  
Even though you don't have symptoms, you got to do it, you got to do it, you got to do  
it.  
You got to go every year.  
Even if you're not sick, you got to go to the doctor every year.  
That's bull crap.  
Stay away from those doctors unless you are truly sick and have already tried the  
natural remedies, already endured and you've already persevered and it continues to  
get worse and worse and worse.  
Then, only then, go to the doctor.

Especially now that we have the Internet where you can diagnose yourself.  
Now that, you know, we got books, we got libraries, you can download books for free.  
The website, even the Internet is free in America and even other nations.  
Even the Internet is free for many people now.  
There's no excuse not to do your research and try natural remedies.  
Ignorance is no excuse anymore in this modern society.  
Praise God.

I think I covered everything.  
Brother Jared, you got anything?

And while he's thinking and preparing, I will remind everybody that Hanukkah is on December the 19th through the 26th.

Hanukkah, December the 19th through the 26th.

You can go ahead and start making plans now about how you're going to do your lights. Seven lights, if possible.

If not possible, one light would be sufficient.

But really it's supposed to be seven lights, if at all possible.

Seven candles or a menorah.

It doesn't have to be a real menorah.

It could be just seven candles.

I would recommend as natural as possible because a lot of these candles have perfumes that you will be breathing in.

But if that's the only thing you can get, that's fine.

But if possible, try to get locally made, naturally made or even you could even order natural, natural made.

I forget what are some of those ingredients or some of those natural ones?

The what?

Soy candles, there's some other ones I can't think of, but you can look at some of the natural candles that are more pure, if possible.

It's not a requirement, just a recommendation.

And you just when the sun sets, it starts getting dark.

You can pull out your candles and burn them for a while.

It don't have to be any set amount of time.

It could be one hour, two hours, three hours. It could be from sunset until bedtime.

It could be.

It depends on how fast the candle burns and how many candles you have, because you do want it to last seven days or seven nights rather.

So if your candle burns really, really fast and you can't afford replacements, then you don't want to burn it for a long time.

Just 30 minutes, whatever each night would be better than nothing.

And then you could burn it again the next night to extend it, to extend the lifetime of your candles.

It depends on how fast your candle burns and how many candles you can afford, so forth.

These glass candles from Dollar Tree burn for a really long time.

I think it was over 82 hours or maybe it was 100 hours.

If you were to lit a burn continually, that's how long one candle lasts.

For only \$1.25 at Dollar Tree, the candle that comes in a glass jar.

The long, the really long glass jar, I would estimate, what, six inches or something like that.

About six, seven, eight inch long glass jar. Those are really good ones.

They only get the white ones because the color ones would have more toxic chemicals in them that would get into the air.

I always buy only the white ones and have, if possible, have a special feast, a special meal on any day of Hanukkah, especially the first day.

But if you can't do the first day for whatever reason, then another day of Hanukkah, having a special meal,

at any time during Hanukkah would be really good.

And I've not made any decision yet about certain things, but I'll go and make that decision right now.

We will. Let me look at the calendar real quick.

The first night of Hanukkah, the 19th is on a Monday.

And so let's have a special word, special worship services on the 19th.

OK, let's do that. We're going to have to go and write it down on the calendar.

The 19th worship services. Praise God.

All right, brother Jared, what do you got? Anything?

Jared: "The only comment I have is a large part of the way that scientific papers, quotation marks, a lot of them are rigged, become conventional knowledge.

They'll do what, say, the drug really does absolutely nothing.

They'll have a hundred studies. Most of them will show nothing.

And maybe some of them will show a strong result by chance.

And some of them will have rigged because there were people doing this study who wanted to show a certain result.

And then they'll pick from all of these studies, the ones that show the result they want to say.

And then they'll say that over and over and over and over.

And then more studies confirming this."

Pastor: Amen. Great point.

It is documented fact that there are times, multiple times,

when certain things have been supposedly proved by science that it worked when it really didn't,

because it was that particular drug company that was funding the research.

So they paid the lab workers and the people that printed the report, published the report.

They were paid to say that the drug worked when it did not.

Same thing with the COVID "vaccine". That has happened.

And now we're finding out that, no, it didn't work in the studies, in the very few studies.

And they were lying to us on purpose and that Biden is lying to us on purpose.

And the Democrat Party is lying to us on purpose about the effectiveness of the vaccine.

It doesn't work. It doesn't work. And they're saying it does.

So why would we want to trust the statins and other drugs for cholesterol, triglycerides,

when we can use alpha-sodium vinegar, red cayenne pepper, molasses, and eat right and exercise.

And these things don't have the toxic side effects unless you do way, way, way, way, way too much of them.

But it takes a lot to do too much. You can have too much of anything.

But the proper dose does not have side effects. And it makes your food taste better.

Amen.

So why wouldn't you want to give it a try? Amen. God is good.

Now, one last thing. I will say this.

A lesson that I learned on the physical realm, having this experience, and it will help many other people for me to say this.

I learned a lesson that we must take action when we are told that we have high triglycerides,

especially if you are told repeatedly over multiple years or whatever, when they were testing your blood for whatever reason that you did go to the doctor and you did have your blood tested.

And they say you have high triglycerides. Don't ignore that.

When they tell you that, you need to change your diet or increase your exercise or both.

OK, so I had ignored that.

And what I had to do in this crisis that I just experienced is stop eating hot dogs, stop eating processed meats, processed sausage already precooked, you know, the frozen sausage patties, frozen sausage wings.

Stop eating those unless you're exercising and working out extreme.

Because when you exercise extreme and you exercise a lot, you're walking a lot, you're running, you're jogging, whatever,

you're burning up that fat, you're burning up those calories.

But when you're sitting at the computer like most of us do these days in this modern society

where we are programmed to be desktop computers, we're programmed that we must sit still all day long.

And people and people are told if you want to make money, if you want to have a career, if you want to be successful in life, then you must sit in the chair all day long.

That's what people are taught now.

And the young people, the young men especially, instead of working with their hands, instead of working a job, mowing a yard, painting, instead of becoming a carpenter, instead of becoming a maintenance man or a truck driver or other type of masculine job, they're convinced by school that you must just sit your ass in a chair all day.

And that causes back problems, leg problems, circulation problems, it clogs your arteries.

And that was my problem much more than what I was eating is the lack of exercise.

And there are people listening to me right now in the same boat, same situation.

And if you are working a job sitting only about eight hours a day,

I would recommend that you get off from work, go on a jog or a long, long walk at least one mile a day

at the minimum, a four mile or kilometer a day minimum.

And actually more if you at all possibly can.

And just like I posted in the Christian Male Bodybuilder Group,

I think last night is if at all possible, I would recommend a treadmill as well.

Because if it's too hot outside or too cold or rainy or snowy or something,

and you can't go for a walk, then if you have a treadmill in your home,

you can use that as a backup to where you can still get your exercise.

And a lot of people, I can't afford it, but yes, you can in the United States.

There's no excuse for Americans, no excuse for Americans when they have food banks,

and the churches and the community services and the welfare office and the food stamps and the free food and the free clothes and helping you with your rent, helping you with your electric bill and a free phone and free Internet and all this stuff.

There's no excuse for Americans.

You can afford a treadmill even if you have to go to Goodwill or other used store, thrift store.

I've seen these treadmills constantly over and over.

They're very common.

That treadmill will be available used in a thrift store for as low as we paid only \$15 for ours.

And it's a big professional model.

It's the type you would see in a gym, a big professional model.

Excellent condition, nothing wrong with it, \$15 at Goodwill.

There's Goodwill in every state of America, every state.

No excuse.

And sometimes it might be \$25 or \$40, but you can afford that if you live in America, and you can find it if you look.

And it might not be there in the first store you look or the first day you look, but if you keep looking at the different used stores, discount stores, and if you keep looking and go back and keep looking,

I believe that if you're seeking and praying for it, then God will give it to you.

Amen.

Seek and you shall find a treadmill, the Bible says. (Joke.)

So God is good and he likes the good humor, and laughter is good medicine.

(Jared: A treadmill is straight and narrow.)

Treadmill is straight and narrow.

Amen.

Praise God.

God is good.

Thank you for your prayers.

Continue praying for me as I continue this journey.

It would take a while to completely unclog it and to clear out all my arteries.

It takes time.

It was built up over a period of years, so it's not going to be cleaned out in one month.

But I'm headed in the right direction, very positively so, and we'll be exercising and walking much more and eating even better, setting an even better example.

And once I lose some of the tummy fat, which I'm not, I'm not a fat guy.

I'm not a fat guy, but my tummy is a little bit bigger than it should be.

And once I lose that and clear out all these arteries, then I can change my diet again and start eating some more fats again and so forth and bulk up.

And that's what I want to do as well.

But as long as I have enough exercise and burning the calories and burning the fat, then I will be able to bulk up and eat the fats without harming myself.

The exercise is more important than what you eat.

Exercise, exercise, exercise.

And if you have a back pain and any kind of body aches,  
it's better for you to be mobile and exercise so that you do not be stiff.

It actually helps inflammation to exercise.

Jog in place at home, do your stretches, whatever you can do.

And if you're outside of America and they don't have these used stores where you can  
get a cheap treadmill,

you can still walk around the block.

Even walk around your house 10 times, whatever.

Amen.

And try to walk 30 minutes a day, 30 minutes a day minimum.

That's what I recommend for everybody.

Everybody, I don't have time, I don't have time, I don't have time, you don't have  
time.

Listen, I'm one of the busiest guys in the world.

I am busy, busy, busy, busy, busy.

But I can still find 30 minutes to walk.

And if I can find it, you can find it.

30 minutes is nothing, nothing.

So I encourage everyone, even if you're not having symptoms on this,  
to exercise, your body needs exercise.

Our bodies were made by God, not to sit down all day, but rather to be working all day.

And men need to learn this lesson.

We need more men to work masculine jobs rather than computer jobs.

We need more people building houses and other type of masculine jobs.

I am going to write that man's book.

I'm going to do it.

I'm going to do it.

And I think I'm going to start on that really soon.

Amen.

Thank you for your patience and your long suffering with my long-windedness.

And until next time, if you are obedient to our Lord and Savior Jesus Christ,  
then He will bless you in amazing ways.

Amen. Amen.

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