

Full Sermon Transcript: Mental Health for Christians March 22, 2023

Let's turn to the book of Matthew, chapter 6.

For the people that might be listening for the first time, we're reading from the Alpha and Omega Bible, a restoration of the original scriptures.

Matthew, chapter 6, is very well known to what it says. Amen. Praise God.

We'll start in verse 19.

The subject today is mental health for Christians.

In this day and time of wickedness, the entire world is upside down. Amen.

That's an understatement.

And the Bible says in Revelation 12:9 that the entire world is deceived.

But Daniel 12,

In the old Greek version, let's just turn there right now.

Keep Matthew there, but let's get out of the book of prophets as well.

Go to Daniel 12.

Praise God for putting this verse in my mind and heart right now.

Daniel 12:4.

"As for you, Daniel, close up these words and seal the scroll until the time of the end, until many are taught and knowledge is increased."

Okay, so that first verse, or what we just read, the first part there, is the Greek Theodotion text.

This is still Greek Septuagint, but it's the Theodotion text, which was translated in the first couple centuries A.D.

At the end, the very next line here, we put the Old Greek.

That's an older version of the same family of manuscripts, the older Greek.

So this is the new format of the Book of Daniel.

As you look here, if you have the brand new AOB, you see verse 4 is twice, verse 5 is twice, verse 6, verse 7, verse 8, verse 9, verse 10.

I'm introducing you to the new format of Daniel.

This is new in the brand new updated version of the Alpha and Omega Bible where we have put the verses in Daniel to where it is the...

First of all, the Theodotion is at the top of each verse because that is the version that is most commonly used.

But then underneath that, if it has a G in front of it, like 7G, 8G, 9G, 10G, and so forth, then that shows that it's the Greek, the older Greek.

They both come from Greek, but this is the Old Greek version, the Old Greek.

So I'd rather use the letters OG there.

We'll change that for Old Greek because they're both Greek.

So OG would be better.

The Old Greek is what. In the next update, we'll put OG.

So the same verse in the Old Greek, verse 4 says, "And you, Daniel, conceal the words and seal the scroll until the time of the end, until the earth be filled with madness or violence and unrighteousness."

So the Old Greek gives a prophecy that the end of time that the earth would be filled with either madness and/or violence.

That particular word is extremely hard to translate and you could translate it as madness or violence and perhaps it's actually both.

Maybe it's one of those words where you have a meaning that's kind of a mixture meaning. If you have a world filled with craziness, insanity, then you're also going to have violence because the nature of insanity. A lot of people believe that God told them to go and do something. Even violent acts.

You see people all the time that commit violent crimes that claim that God told them, but really it was demons most of the time, even though God can and has in history commanded certain people in the Bible to go and do violent acts against the wicked.

That's an entirely different thing.

But we see that in this day and time where the world is filled and overflowing with violence and craziness and insanity and ignorance and stupidity and every evil word that we could think of, the world is filled with it right now.

Now at the same time, the Theodotion text actually gives a prophecy of an increase of knowledge rather than an increase of madness.

But they go hand in hand. They really do.

And even though there's a difference in these words, in this particular case, in this particular verse, and in this particular prophecy, I believe that it's one of those cases, rare cases, where God uses the chaos; and uses the different translations to give us different parts of the same truth, that they are both true, that God is prophesying to us, to the people, through different translations of the Bible, through different versions of the ancient Bibles, that there would be an increase of what the world calls knowledge, but we call madness. Amen. Praise God.

That the world says, "I will improve your society with the internet, with computers, with technological advances, with electrical electricity in everybody's house and running water in everybody's house and the convenience of the microwave society."

But at the same time, the reality is that dumbs down society.

All the video games and a lot of the music from the 60s and 70s, how it has dumbed down the society, the internet, the YouTube videos, the movies.

It has dumbed down society and not only dulled the mind and the senses and the intelligence, but made it harder, more difficult for people to learn and to discern.

Between the video games and the propaganda in mainstream media, Hollywood, comic books, Anime, you get all these different areas of society through mass production of mass printing through computers and internet and printing machines that have corrupted the entire world.

If you have not yet read it yet, I would encourage you to read the article at I Saw the Light Ministries about how the electrical industry and the computer industry and even the automobile industry, how all of them have played a huge part in the corruption of society and how that society is not really better because of all these advances in technology and so-called knowledge, but rather we are polluted, we are corrupted, our minds, our ability to learn, our ability to have spiritual discernment, our ability to really have intelligence is corrupted and hindered by all these things.

And that's what we're seeing here, the fulfillment of all of this that's written here in both translations.

Because of all this corruption and insanity, now it is two parts.

It is the spiritual realm and the physical realm and they're blended together as it always is. The physical realm I was just talking about, how these physical things influence us as people, as individuals, as a human race.

These physical things and other things that we'll list later, food additives and so forth, the poison they put in our food and so forth as well as the cultural programming.

But you have the spiritual realm because they're doing all of this to the people because of the spiritual war against God's children, against humans.

It is demons that are waging war through Hollywood, through the food additives and through music and video games and anime.

There is a spirit of demons in much, much of the anime as well as the video games and Hollywood music, mainstream media, YouTube, the internet itself and the list goes on and on and on.

So we must understand that as we talk today about mental health, that we're talking about how to protect ourselves and guard our minds on a physical and spiritual level.

Both are important.

Don't leave one out or leave one or the other out and that's what most people do is they try to solve it only physically or only spiritual and not treat it both ways.

But you have to treat it both on a physical and spiritual level.

Now we're talking about not only people that deal with mental health issues but every person listening to my voice and every person that ever will listen to this sermon.

It is for you, even if you think you don't suffer any mental health problems because there is a spiritual war against every one of us to program us, to blind-sight us, to deceive us and to drag us down into misery, to despair, to depression, to make us fall away from the truth and from our spiritual family, to stop attending services, to become complacent and lazy and stubborn and rebellious and sinful and lawless.

This is a temptation and a warfare against every one of us and every one of us need to have a strong mentality, a forehead of flint. Amen.

We need that.

We have to develop a strong character, a strong personality, a strong resistance to all of the devil's tactics. Amen.

We have to fight both offensively and defensively.

We are to guard our hearts.

The Bible says to hold fast, to hold tight unto our salvation.

We have to hold onto it.

We have to guard it.

We have to fight for it because it can slip away from us and because the battle against us can conquer us and can win against us if we are not fighting this war.

The demons are going to fight and they've put all the physical weapons of war against us, every one of us.

We have to fight back.

We have to guard our minds and our hearts.

In Matthew 6, it tells us one of the things we must do in order to have the right mentality, good, strong mental health, good character, and to be pleasing to the Lord and how to safeguard our hearts.

In verse 19, "Do not store up for yourselves treasures on earth where moth and rust destroy

and where thieves break in and steal, but store up for yourselves treasures in heaven where neither moth nor rust destroys and where thieves do not break in nor steal."

So what you save up in this life physically, money and furniture and houses and cars and jobs and careers and college education, college degrees and everything else, these things are temporary and are very disposable.

They can be destroyed in the earthquake, the hurricane, the tornado, the storm, the lightning, all these different things.

They can be destroyed.

But we are to store up our spiritual reward in heaven.

We are to store up eternal life.

We are to store up and build up, increase ourselves, not in physical treasures, but we should increase ourselves in spiritual treasures and gifts. Amen?

We need to be asking and seeking God for a greater and larger measure of spiritual blessings, of greater spiritual discernment, a greater measure, a greater amount of God's presence, God's Spirit, God's Holy Ghost inside us, living inside us so that we can walk in His Spirit all the time. Amen.

We are to seek spiritual gifts.

We are to seek an increase in faith and belief and also in knowledge, but correct knowledge, real knowledge, true knowledge which comes from God and does not come from scientific papers or the world's false knowledge.

We have to grow in the knowledge of the Bible and God's will, how God looks at things, how God really looks at things compared to the way the world has taught us to think about things.

Verse 21, "For where your treasure is, there your heart will be also."

So we know the rest of this and we go all the way down to verse 33.

Verse 33, "But seek first He is kingdom."

Actually, I'm going to go back up to verse 25.

Verse 25, "For this reason I say to you, Do not be overly anxious.

Don't worry about your life or what you're going to eat, what you're going to drink, nor for your body or what you're going to put on.

Is not life more than food and the body more than clothing?

Look at the birds of the air that they do not sow nor reap nor gather into barns and your heavenly Father feeds them. Are you not much more worthy than they?" Amen.

"And who of you by being worry can add an hour to his life?"

Why are you worried about clothing?

Observe how the lilies of the field grow, they do not toil nor do they spin.

Yet I say to you that not even Solomon in all his glory cloaked himself like one of these."

Amen.

So we need to guard our hearts and minds to not become overly, overly concerned about physical things and physical matters.

He's not saying to not take any thought at all about it because that would be irresponsible. That would be childish and immature to not plan to have enough food to get through the week.

We need to be responsible.

We need to be adult minded.

We need to be responsible people.

We have to plan and grocery shop for more than just one day if possible.

We need to stretch our money and plan and budget our money.

There are a lot of people that read this and use it as an excuse to be homeless.

And I'm telling you the truth.

This is the reality.

I have talked with several different people in my lifetime that used these Bible verses right here in Matthew 6 thinking that it means that we should not plan to earn money, save money, budget, or be responsible in any way, shape, or form, but rather we should just be homeless, wondering in the streets, not knowing where our next bite comes from.

That is such a wicked and foolish twisting of what this is teaching.

It's not teaching that we should just wander around not knowing where our next bite is going to come from.

No way is it teaching that.

But rather it's talking about mental health and priorities.

It's talking about that we should trust God that if we do our part, if we work a job, if we serve Him, if we obey Him, that if we are active citizens of the kingdom, that He will do His part.

He's going to make a way for us that He is faithful to see us through and to provide.

But we still have to do our part.

The Bible warns against being lazy and not working and being complacent.

The Bible warns about all of those things.

So it's not teaching that we should be lazy and complacent and a bum and begging all the time for every bite we eat and every dollar we make and every penny.

It's not teaching us to be beggars, but rather that we should trust God that if we do our part, He will do His part.

That's what it's really teaching us.

And that we should pay Him first.

And so finally we come down to that verse 33.

"But seek first His kingdom and His righteousness. And then all these things will be added to you."

So we put God first and we do our part not only by working, but also by seeking His will and living in His righteousness, living in His commandments, obeying Him, reverencing Him.

Then He will also do His part.

And this is important for mental health is that we must seek God above all else.

And if we put God first in every area of life, that means praying first thing in the morning and last thing at night and praying more than once throughout the day, talking with Him, having a relationship with Him, talking to Him as we're in the car, as we're exercising, as we're walking, whatever we're doing throughout the day to occasionally speak to Him.

But that's not saying that we should be speaking to Him every minute.

Every minute.

There are actually some people that speak to Him too much and they need to shut up.

Because the reality is He already knows everything that you could possibly say or ask for or speak about.

The Bible teaches us that.

That He already knows our very thoughts even before we speak them.

He wants relationship. He wants communication.

He does not want jabber, rambling, just constant rambling, constant jabber.

A mind that is too focused on one thing no matter what it is, even if it's on God.

A mind that is too focused on only one thing, and only one thing is a sick mind because it's wore out. It's exhausted.

If you was to think about one thing no matter what it is, and God is the only thing you think about and you have no other hobbies, you don't work out, you don't exercise, you don't go for a walk, you don't swim, you don't hunt, you don't fish, you don't hike, you don't camp, you don't work on a puzzle, you don't play games, you don't do nothing, you just only talk to God all the time and read the Bible and talk to God, read the Bible and talk to God, you will go crazy.

And you will be a religious nut.

You won't be saved.

You'll only be a religious nut.

Because even the scribe had to take a break. Amen?

Even though that scribe was copying page by page and word by word by the thousands out of the Bible, he had to take a break and rest his mind and go sit under the tree and just take a nap and just rest and just watch the birds and find him something to eat. Amen.

But we have to put God first and trust Him.

Then chapter 11, Matthew 11 verse 28.

"Come to me, all who are weary and heavy laden."

Heavy laden for people that have trouble with English.

This talks about like you have a lot of weight on your shoulders.

You have a lot of weight on your back.

There's a lot of weight that has been laid upon you.

"And I will give you rest." Come to me and I will give you rest.

Matthew verse 29, "Take my yoke upon you and learn from me."

That means to take that weight that we have and give it to Christ and let Him carry it, but also it means to be tied to Christ at the same time, to lean upon Christ as He is your Master, as He is your Teacher.

To take His yoke means to walk hand in hand with Him as if actually if you are tied to Him with chains.

Because even though we do take a break from talking to Him and praying and reading the Bible, He is always present.

And we know that, we acknowledge that, that even He needs to have a moment of silence of you not talking to Him.

But at the same time, there must be enough time in a day that you are paying attention to Him.

And that you're leaning upon Him for your learning by listening to these sermons and by reading the Bible when you're not listening to these sermons sometimes as you go throughout your day and you're doing other things and you're cooking and you're sweeping and you're cleaning the house and you're exercising and you're laying out in the sun to soak up the natural vitamin D.

But then you also at some point of the day take time to read the Bible and learn from Him by talking to Him and trying to listen to His voice which I know is difficult especially when we get all this noise of the internet frequencies and the 5G and the 4G and the 3G frequencies and the music and the TV and the audio and the video.

And there's too much audio and video.

Way too much. Way too much.

I don't understand how people spend hours and hours and hours and hours watching this junk.

It's corruption of the mind.

Because it's just one big advertisement. One big commercial.

When you're watching all these hours and hours and hours of videos and the internet, it's one big advertisement to brainwash you into their thinking.

You have to have time for independent thinking. Amen.

You have to have time for self-examination and examination and testing of what you watched, what you did listen to.

Most people don't do this because they don't take any time to think upon, to reflect upon what they listened to or watched or read.

It's immediate acceptance without deep examination.

No prayer, no fasting, no taking it into the Lord, no questioning of it hardly at all.

People make up their minds way too quick.

Now of course there are some things that are so basic, so foundational that you can make up your mind pretty quick if you have all the evidence, all the proof and it's overwhelming and it is solid.

But at the same time, deception is extremely clever.

And deception, they can use the Bible and twist it and brainwash you and deceive you into thinking that is very logical and is very simple and that they have all the evidence and all the proof.

And really they don't and that's why you need to take the time to really examine every issue. Amen.

They claim this particular line, this particular sentence, this particular statement.

They claim this, but where is the documentation for that?

Where is the proof of that?

When you look at I Saw the Light Ministries, we back up everything with either a Bible verse or a historical statement, historical fact that you can document.

And many times we actually give you the link to the actual documentation, the actual proof, the actual historical evidence or biblical evidence.

You look at these other websites, the Y-Name websites, teaching Yahshua and Yahweh and Jehovah and all that, they just give you statements and statements and statements and statements and statements where they don't give you the actual documentation of what they're claiming.

And then people don't even look for it themselves.

They just swallow it, swallow it whole.

People need to take time to examine and research and document.

But there's a certain measure of documentation and study and research that becomes too much of a burden.

Then as a person can fast too much, pray too much, read the Bible too much, because you have to have the proper balance in life.

Proper balance.

I'm not against fasting.

Up until just a few months ago or a few weeks ago probably, I encouraged more fasting for the majority of this ministry since 2006 when I first started with the ministry in 2006, that far back.

I was preaching, let's fast, let's fast, let's fast, let's fast more, let's fast more.
And I was encouraging fasting throughout all these years that I've been preaching.
And it's all across the website.
But in recent weeks, I see and I observe people and even multiple times throughout the years, I have observed people that were fasting way too much to where it negatively affects their sanity.
Where it negatively, it goes against them, their mental health.
Because you have to have the vitamins, the nutrients, the healthy omega fats.
You have to have those omega 3s and 6s and 9s.
You have to have the fish oil, the avocados, the bananas, the vegetables, and the meat.
You've got to have all of these things.
You've got to have fruits and vegetables and meat and some form of bread, green, and dairy, milk, eggs, chicken, poetry.
You've got to have a balanced diet and a balanced life.
This is the way that God created every one of us.
There comes a time when you can have too much study.
We'll find that verse later on.
Let's move on.

But right here in these verses, right here in these verses, is that if you have a heavy burden, give it to God.
And learn from God in verse 29.
Learn from God, "for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
You know what?
If you become a prisoner to the Lord, you will find peace serving Him as your Master.
You will find peace at the feet of Christ.
You will find peace by washing the feet of Christ.
You will find peace by being a slave to Christ.
But even a slave must rest. Amen.
Even a slave must eat.
Even a slave needs sunshine and rest and exercise and a balanced diet for good health and mental health. Amen.
But Christ is the answer if you need peace.
If you don't have enough peace, Christ is the answer.
But Christ wants you to eat and exercise and have other things to do other than only focus upon Him all the time.
To serve God is also to help a balanced life.
What Master wants a slave constantly holding onto His feet?
The Master loves you rubbing His feet, but the Master also wants to kick you away from His feet and let me go and let me do something of my own accord. Amen.
Even a husband and wife, even though they want to be together a lot, they also need their free time away from each other as well. Amen.

I can tell you that I do not speak ignorantly about mental health.
Every one of us, everybody has had their own struggles and their own battles with mental health. Everybody. Absolutely everybody.

And everybody has a crazy uncle or a crazy aunt or a crazy dad or a crazy brother or somebody.

We all have experiences in our families and friends. Amen.

As well as our own battles.

And I do speak with experience about this subject.

Otherwise, I would have no right to speak about it.

Because I need to speak with knowledge, with wisdom.

And I would not be able to speak with wisdom of how first-hand experience is a life experience.

I need to be old enough to preach, to teach and be a leader. Amen.

I have a whole lot of life experience outside of the ministry and being a lot of experience inside the ministry.

No longer being a young preacher but an older preacher with experience in ministry, with dealing with people around the world and in different nations and different cultures.

And seeing the world change and seeing the problems that I see dealing with people, that mental health and spiritual warfare is a huge, huge, huge problem.

And I can tell you from first-hand experience in my own life and in other people's lives that I've dealt with that drugs are not the answer.

I'm talking about illegal drugs and marijuana.

That that is not the answer.

And cigarettes are not the answer.

And even pharmaceutical medicine is not the complete answer.

The primary answer to emotional and mental and spiritual problems, the primary answer, the main number one answer is Christ.

And then everything else should be in line with Christ.

The natural remedies and any pharmaceuticals and any other treatments need to be in line in agreement with Christ and seeking Christ for the blessing upon it.

And that's what a lot of people do wrong.

They take medicine but they don't ask God to bless the medicine.

They don't ask God to use the medicine or to empower the medicine.

They leave Christ out of many areas of their life.

They don't ask God to bless their finances, to help them with their finances, to help them to make the right career choice.

They don't ask them to help them to make the right choice of who to be the husband or the wife or the girlfriend or the boyfriend.

They don't ask God for help in many areas of their life.

So that is a problem.

But let's move on to John 14 now.

John 14 is one of those verses, I mean chapters, in the Bible that is so, so very major on this topic of peace and mental health.

Finding peace and finding good mental health in Christ.

John 14 verse 1.

Do not let your heart be troubled.

Notice how it says don't let it be troubled.

Don't allow it to be troubled.

If you allow your heart to run away with you, then your heart controls you and you're not

controlling your heart. Amen?

Same thing with your mind.

You need to control your mind rather than your mind controlling you. Amen.

We need to control our life and our temptations rather than allowing our temptations to run us.

That's the problem with cigarettes and with a lot of people the problem with alcohol is that they don't manage those things but those things run and dictate and dominate them.

The cigarettes and the alcohol dominates that person and controls that person and the person is not in control of how much they smoke and how much they drink and that's why the alcohol and the cigarettes and the addictions and the gambling and the lottery tickets and everything else take control of their life and ruin their lives.

It's because we need to be in control of our life and of our thoughts and of our actions.

We need to control our thoughts and our actions.

We have to have willpower and self-determination and goals. Amen.

We should, every one of us need to love ourselves and care about ourselves and take care of ourselves. Amen.

We have to take care of ourselves just like we have to take a bath or a shower.

We also have to wash our minds and our hearts.

We must deeply and sincerely examine ourselves about what we believe and what we think and what we think we know and our words and our actions and our thoughts.

What we're watching on TV, what video games and what movies and what videos we're watching.

All these different things we need to deeply and sincerely examine to see if they are in line with Christ.

If these things are acceptable to Christ.

We need to go around our homes and lay hands on anything we have on the wall and anything we have on shelves.

And we need to say, Lord Jesus, is this pleasing to you?

Is this acceptable to you?

Is this thing on the wall?

Is this thing on the shelf?

Is this not acceptable to you?

Or is it acceptable?

We need to allow God to direct us and not only us control ourselves, but allow God as our Master to control us. Amen.

We have to allow God to control us.

He is our Master. Amen.

He is our Lord God Almighty.

Most people have absolutely no desire really.

No matter what they say, whatever comes out of their mouth is not the truth.

Most people don't have a true desire for God to be in control of their life and they have no true desire to do the will of God and to be in the center of God's will.

The truth is, even though they say otherwise, the truth is most Christians follow their own will in every area of life. Amen.

I'll watch what I want to watch.

I'll listen to what I want to listen.

I will sing whatever and play whatever type of music I want to.

They never change.
God has not changed them.
The Scriptures have not changed them.
Their beliefs have not changed and will not change.
They don't allow God to change them.
Their way of thinking, their thoughts, their doctrines, their music, anything.
They start going to these cowboy churches and these turn off the light churches, these Hollywood churches all across the world.
They go to these churches where it's rock music and you can't tell the difference between that church and a nightclub, a bar.
They turn off the lights.
They put on a dance that they have preplanned and pre-choreographed the dance and planned it and every detail of it.
They don't follow the Spirit of God.
There's darkness in it and it's just entertainment and rock and roll.
They don't reverence the Lord.
They don't fear God.
Because if they feared God, they would change their music and they would not be turning off the lights at church if they feared God.

We were all young and rebellious at one time as everybody is in life when they're younger.
That is the nature of humanity.
Because when you're young, you're trying to absurd your own authority.
You're trying to become independent of your parents.
And that's the way it should be because a person is growing up.
So they're supposed to be fighting their parents.
They're supposed to be arguing with their parents.
They're supposed to be trying to find their own mind and their own life and all these things.
That's nature.
That's the way God designed it.
But at the same time, they have to be taught, the young people have to be taught, how to control themselves and how to seek the will of the Lord and how to please God and fear God and respect your parents and so forth.
Children need to be coming to church.
Children and young adults, they need really of all ages, all ages, they need to be coming to the worship services and listen to the worship service.
A lot of people are afraid, well, my child is too young to hear this or to hear that.
Sometimes the pastor says, Bullcrap.
I don't want my child to hear that.
What are they going to hear at school?
They're going to hear a whole lot worse than Bullcrap at school.
And even from their own friends next door and down the street, the children they play with, they're going to hear a lot worse from their own friends.
Even when they're five years old, they're going to hear a whole lot worse than "Bullcrap."
Amen?
You can't protect your children's ears forever.
You cannot protect your children from the reality of life.

They need to be able to hear and to see life everywhere that it exists.
Inside the church and outside the church, children need to hear and to see and observe the good and the bad.
Because you can preach to them and talk to them and punish them and spank their butts and all these things, they have to learn by observation and by doing.
And they have to make their own mistakes.
They have to.
We all did. Amen.
We all have to make mistakes to learn.
We learn and we grow up and we mature through trial and error.
And too many people baby their children for way too long and do not help them to grow up. Instead of helping your children to grow up, they continue to baby them and continue to put earmuffs over their ears to stop their ears from hearing anything that they think is bad. But you cannot keep those earmuffs on their ears 24-7.
It's better that they actually hear the words and actually hear the conversation and get the full edification and the meaning and the seriousness behind such words, behind such conversations.
They need to hear the explanations and the affairs of the world, what's happening in the world, what's the background of the world, what's the history of the world, what's the history of words, what's the origin of words, what do these words mean, why are they bad, why are they good?
They need conversation.
They need interaction rather than hiding them. Amen.
We'll talk a whole lot more about youth and growing up this coming seventh day.
We'll talk a whole lot more about that, how people may be their children, but really they need to be leading their children into adulthood. Amen.
This seventh day we'll be talking more about that, God willing.

But John 14 verse 1, Do not let your heart be troubled.
Don't allow your heart to be troubled.
You have to control your heart rather than your heart controlling you.
Some people, a lot of women especially, wear their hearts on their sleeve is the old saying, the old expression.
I wear my heart on my sleeve a lot of people have told me is what I've had multiple women tell me.
That's not true of myself.
I'm repeating what I've heard.
And it should not be that way.
I understand that women are going to be more emotional than men.
Absolutely.
Men are pretty much robots.
Very, very quiet and robotic and unemotional.
Typically that is the male nature that God has created.
But women are emotional and that's the way God created them.
That's the way it is.
That's the way it should be.
But a person can go overboard and man can be too robotic, not enough emotions, not

emotional enough, not talking enough, too timid.

And a female on the other hand can be too emotional and talking too much which is a huge problem. Amen?

Women, you need to control your emotions and control your mouth and not drive your husbands and your boyfriends crazy with too much talking and too much emotion.

You have to learn to control your mind and your words and your actions and your emotions. And not be out of control. Amen.

But it also says not only to not allow your heart to be troubled but also believe in Theos, believe even in me, Jesus said.

So He applies that controlling your heart and not being troubled is in direct connection to believing and committing to Him.

If we really believe in God and it's not just mere belief, it's not just mere words because words are nothing.

But if it be true and deep belief in God, that means really believing in His power, His authority, His power and His authority and His ability and His faithfulness to deliver us, then we can move mountains.

The mountains of despair, the mountains of depression, the mountains of insanity, the mountains of mental illness and anxiety, panic attacks and so forth.

These things can be removed by trusting God and putting our minds more upon Him or even less upon Him if somebody is fanatical.

You have to have the proper balance.

Let's go to the book of Romans 8.

But before we read this verse in Romans 8, I want to talk a little bit more about John 14, but you don't need a term there.

That entire chapter of John 14 is dealing with the Holy Ghost.

And that's a problem because most people don't have the Holy Ghost.

Even people that think that they are saved.

People that have gone to church their entire life and they don't have God.

They think they have God, but what they have is religion and false doctrines and traditions of mankind and commandments of mankind, but they don't really have God.

Because if you really had God, then you would also have knowledge of His commandments and keep His commandments and fear Him with reverence and love and honor toward God if you really, really had God.

If you really, really, really had the Holy Ghost and you'd be really, really, really saved, you would be keeping His seventh-day commandment, the fourth commandment, which is Saturday, from sunrise Saturday morning until sunrise Sunday morning, 24 hours.

That's what you would be observing at Passover in the Days of Unleavened Bread, Pentecost, Feast of Trumpets and so forth, Feast of Tabernacles, that are the biblical holy days, Purim and so forth that's in the Bible.

You would be keeping these biblical holy days rather than the religious holy days of the world. So, knowing God and religion are two different things.

People, traditional Christians, have religion.

They don't have God.

These Sunday churches, they have religion.

They don't have God.

Your parents, your brothers, your sisters are all those people that believe in the Lutheran church, the Catholic church, the Presbyterian, and all these different isms, the denominations of mankind.

They have religion, not God.

If they had God, they would be reverent to God.

They would be obedient to God.

They would be keeping His commandments.

This is what the Bible teaches us.

This ain't me.

This ain't my opinion.

This ain't my thinking.

This is what the Bible teaches us.

If we would read it, then we would know what it teaches.

People that disagree with what I just said, they don't disagree with me, but rather they disagree with God.

Now we move on to Romans 8 verse 5.

For those who are according to the flesh set their minds on the things of the flesh.

But those who are according to the Spirit, the things of the Spirit, they set their minds on the things of the Spirit.

So here's a major thing right here.

Whatever you look at and think about the most, that's what you're going to become, and that is your God.

Now I know that a lot of people that have to work 8 hours a day, 9, 10, 11, 12 hours a day, some people have to work long hours, and that's okay if it's the right type of job.

But even while you're at work for those many, many, many hours of the day 40, 50, 60 hours a week, while you're there at work, you can be occasionally thinking about God, talking to God, praying to God, asking God to help you with that particular project, that particular customer, that particular task, asking God to strengthen you, guide you, help you through that day.

And thinking about other people, thinking about other people, not yourself all the time. Amen? A lot of people are way too focused on themselves.

You have to think about other people when you're talking to God and praying and going throughout your day, lifting up our brothers and sisters in different nations and their situations and their problems rather than focusing on your own problems all the time. Amen?

It's not all about you.

So even though you're working a lot of the hours of the day, you can still be having a relationship with God during that time, off and on during the day, not every second, but every hour or two, every 30 minutes, every hour or two, and think about God or a brother or a sister or a situation in life outside of the job.

Let your mind wander a little bit to other areas of life.

Now even at home, people are putting their minds on the flesh too much.

Now if we have our mind on the flesh all the time, then we're going to be fleshly minded.

This is what it's teaching us.

But if we are to be spiritual creatures, the way God intended, then we need to put our minds on spiritual things more often than what the world does.

The world, their mind, is always on the flesh.

Money, job, education, career, whatever task that they have to face that day, their plans for the future and retirement and all this crap, fleshly, fleshly.
I know you have to acknowledge all these things.
I know that you have to plan life and be responsible.
But they don't spend enough time seeking the will of God.
Father, what did you think of that movie?
What do you think of this music?
What do you think of this picture?
What do you think of this?
They don't spend enough time seeking God and His will and His cause and seeking the eyes of Christ and the mind of Christ.
So we do need to take that time reading the Bible and praying.

Then another way that we apply this is that there are people that spend way too much time watching football and other sports.
And they do football and football and more football or some other thing that takes up too much time and is not profitable.
Now, if you were walking and hiking for the same amount of time, it would be profitable.
It's profitable for your mind, your mental health, and your physical health, your lungs, your heart, your legs, your body.
In every aspect, walking will help you.
Hiking, hunting, fishing, swimming, exercising, working out.
These things are profitable compared to drowning yourself in videos or TV way too much.
Way too much.
So that's being too much carnal mind, fleshly minded.
We need to put our minds on the spiritual things more.
Now, also in Romans 8 here, verse 6, For the mind set on the flesh is death, but the mind set on the spirit is life and peace.
Freedom. Amen.
Life and peace equals freedom because the mind set on the flesh is hostile for God.
Think about that.
The mind set on the flesh is hostile for God.
For it does not subject itself, it does not come under the authority to the law of God, nor is it even able to do so.
For those who are in the flesh, those that walk in the flesh, cannot please God.
However, you're not in the flesh, meaning you're not walking in the flesh, but in the spirit, you're walking in the spirit, if indeed the spirit of God dwells in you, but if anyone does not have the spirit of Christ, he does not belong to him.
Here is a true definition of a Christian.
Is the spirit of Christ in you or not? Amen.
Unfortunately though, a lot of people think they do have the spirit of Christ when they don't.
They have religion.
Traditions.
False thinking.
Programming.
Brainwashing.
Those are the things they have.

Not the spirit of Christ.

So that's the problem.

People need to seek the spirit of Christ, which would align with the Scriptures.

The spirit of Christ agrees with the Scriptures. Amen.

The spirit of Christ does not agree with Biden and Obama and the Democrat party and the homosexual a-gender. (a-gender? Agenda. No pun intended. Yes, pun intended.)

The mind of Christ does not agree with wickedness. Amen.

The mind of Christ does not agree with abortion and communism and socialism.

The mind of Christ does not agree with Antifa and all of the demonic activity of the Biden illegal regime.

The mind of Christ is totally opposite of a lot of the churches of the world. Amen.

But verse 10.

There's good.

Let's go over to Romans 12, verse 1.

"I urge you, brethren, by the mercies of God to present your bodies a living and holy sacrifice acceptable to God, which is your logical and reasonable service of worship."

Our bodies are to be a living sacrifice to God.

How many Christians can really claim that?

They can't really claim it if they're still listening to the same rebellious, lawless, wicked music that they listened to when there was a teenager and a child.

Because we grow out of that rebellion.

We grow out of that wickedness. Amen.

We grow up and we start seeing things more intelligently.

We start seeing things with a greater, mature mind.

And our outlook in life changes.

And our taste in music changes.

And our taste in TV changes.

And our taste in food changes.

We grow up and we adapt to an older mindset.

And the things that we normally would spit out we now cherish.

And the things we used to cherish we now throw away. Amen.

I was a child at one time.

But then I became a man and I threw away the childish things. Amen.

Praise God.

So we have to depart from the love of the past and move on.

And become a grown up and a mature person.

And adapt to things that we never thought we would eat.

And music.

And learn to appreciate the higher things of life.

Learn to appreciate a ballet play.

An opera.

And the higher things of life.

It's time to grow up and adapt to a higher intelligence and a higher class. Amen.

In verse 2, "And be not conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of Theos is, that which is good and acceptable and

perfect."

You have to prove, underline the word prove, prove what the will of God is because a lot of people only assume what the will of God is. Amen.

A lot of people only assume what the will of God is but you've got to prove what the will of God is.

A lot of people are too quick to make a judgment rather than spending enough time and enough time in prayer and fasting about what the will of God really is for their life and their actions.

We need our minds to be renewed. Amen.

And our minds being renewed is directly connected with not being no longer conformed to this world.

But you take your typical Christian and their mind has never been changed.

Their mind has never been transformed.

They continue to have the same mind as the worldly next door neighbor. Amen.

The same mentality, the same music, the same movies, the same video games, the same sports.

It's time to come out of that world, that upside down world of madness and insanity.

It's time to come out of that religious world, that Babylonian world, that mindset of complacency, laziness, microwave society, instant faith, instant religion, instant salvation.

It's time to come out of all that mentality and guard our hearts and guard our minds.

Be careful what we watch.

Be careful what we read.

Be careful what we listen to.

And if it is lies coming from that website or that video or that pulpit, then why continue listening? Delete it.

I don't understand people.

There are people I've seen over and over and over in my life.

They know Saturday is the Sabbath.

They confess it.

They know it.

That they're still going to go to the Sunday churches.

And that's being a hypocrite.

Either Saturday is the Sabbath or it's not.

One or the other.

You can't have it both ways.

Make up your mind and be devoted to whatever side, even if you go on the wrong side.

God would rather for you to be cold or hot, one or the other, rather than to be in the middle, a fence-sitter. Amen?

But God doesn't want anybody to be cold.

Coldness represents the devil, the darkness.

But He would rather for a person to be totally committed to the dark side, according to the Bible, either the dark side or the right side, one or the other, rather than to be lukewarm,

rather than to be complacent and lazy, rather than to sit on the fence and be confused about what is the truth.

Take the time to study the Scriptures and make up your mind and then stick with it. Amen?

If God has, if God has brought you to the truth finally, after you have checked out all these other isms, after you've checked out the Hinduism, the Buddhism, and the Islam, and this and that and this and that, and you've checked out these other churches, and you went to those other churches, and your heart was not content, and your spirit was not content, and you knew it was a lie, and you left the lie, and you went to the next lie, and you left the lie, and you went to the next lie, and you left the lie, but now you've finally found the truth.

If this be the truth, then it's time to settle down. Amen?

If this be the truth, then it's time to stop riding the circus and actually settle down into the center of God's will, and then never leave it.

Even when the center of God's will starts shaking, and the winds of life starts blowing, and you've got all these voices of family and friends and co-workers that are trying to pull you out of the center of God's will, you have to resist the voices of the enemy.

If you have finally found the truth, then settle down in that truth, and be part of it, and be part of it, and never be pulled away by persons, spirits, laziness, complacency, or anything else.

Guard your mind and hold very tight onto this truth, to the salvation that you finally are finding. Amen?

Our minds have to be renewed, not be the same as the world.

If your mind is renewed and not conformed to this world, then our way of thinking is not going to be the same as their way of thinking.

Our way of thinking should not be the same as their way of thinking.

That's going to make you stand out.

A lot of people are afraid of that.

What will my family think?

What will my parents think?

So on, so on, so on.

It doesn't matter what they think.

In fact, the Bible promises that if we are devoted to God, they will hate us.

We can expect that.

But that should not detour us from serving God. Amen?

That should not hinder us from serving God in the truth.

God comes first.

If you want peace of mind about salvation, if you want peace of mind about where you're going to be in the future, about the kingdom of God, about whether you're going to be devoured into the lake of fire, whether you're going to receive a good reward from God, or whether you're going to be cursed by God.

If you want peace of mind about what the truth is and how to serve God and what God expects from you, then you shouldn't care about what your parents think or your friends think or what the world thinks because what the Bible says actually is that they will wage war against us and we should expect it.

But God comes first and our salvation with God and pleasing God, us being committed to God, has to be the priority.

You either want salvation or you don't want salvation.

Make up your mind.

You either want it or you don't want it.

You either want to serve God in the truth or you don't.

You can't listen to this church service and then go to the Sunday church service.

Choose one or the other.

One or the other.

If you're trying to do both, then you're a hypocrite.

You can't have both because they're not both the truth. Amen?

They're doing a completely different type of Christianity than what we're doing.

Entirely different type of Christianity. Amen?

Fake Christianity compared to true Christianity.

Choose which is which and then choose a side and stick with it and don't let nothing persuade you from it.

Whichever side.

Commit to something and then we'll fight it out. Amen?

The good and the bad, the good and the evil, will wage war against each other.

And you'll be on one side and I'll be on one side, but will we be on the same side?

2 Corinthians 10:3.

For though we walk in the flesh, we do not war according to the flesh.

"For the weapons of our warfare are not of the flesh, but mighty through God for the destruction of fortresses."

We are destroying speculations and every elevated thing raised up against the knowledge of Theos.

And we are taken ever thought captive to the obedience of Christ.

And we are ready to revenge all disobedience whenever your obedience is complete."

Amen. Now, there's a lot of things there.

I'll try to go quickly.

Now, verse 3 says, We do not wage war according to the flesh.

For the weapons of our warfare are not of the flesh, but mighty through God for the destruction of fortresses.

In other words, we are in a spiritual war.

Every one of us.

And part of having good mental health is acknowledging, understanding, that we are in a spiritual war.

And every one of us has fallen victim to that at some point in our life.

And it's time to actually fight back now. Amen.

Time to fight back.

Now, because it says, not of the flesh, but these are spiritual things, our primary fight is spiritual.

However, like I said earlier, the physical and the spiritual realm are directly connected.

The spiritual evil entities, demons, fallen angels, and Nephilim of the world, they are putting toxic chemicals in our food, and they are keeping us in the prison of our own homes and houses and buildings and 15-minute cities.

They want you to stay home.

They want you to stay enclosed inside four walls and never go to the park and never go to the beach.

They want you to be lazy and complacent.

They don't want you to get the natural sunshine.

They don't want you to be farming and growing your own food.

They don't want you to be working manual labor, but rather just sitting at a computer all day

on your butt getting lazy and developing eye problems by looking at the computer all day, developing mental and learning and attention problems because you're on the computer all day.

This is their goal.

Okay?

So we have to fight back physically and spiritually.

Now, even though it says we do not wrestle with the flesh, the reality is that it's telling us that the spiritual realm is our primary problem, and that is true, and I agree with what the Bible says.

But we have to realize that the spiritual demons and leaders of this world, they are waging the war against our flesh as well, and we have to fight both spiritual and physical.

We have to.

Verse 6 where it says punish, we're going to change that to revenge.

We're ready to revenge all disobedience.

I looked it up and that's what it means.

And that's what we need to do.

What does that mean in verse 6?

What that means is whatever God has delivered you from, that is what you should focus on in witnessing to other people and helping other people with.

If God has delivered you from drug addiction or cigarettes or homosexuality or being immature or whatever it is, video games, bad music, bad movies, whatever it is, that is what you should focus on when you are witnessing to other people, family, friends, whatever, Internet, MeWee, Facebook, whatever, because that is what you know about.

You've been there, you've done it, you've experienced it, you have knowledge of what you're talking about, so you're better able to help people with it.

And also, because you're trying to help people with it, it helps you to do better yourself because it makes you more accountable to your own actions to not go back to what God delivered you from if you are telling other people to stay away from it.

It makes your mind and your attitude more absolute and stronger against what you're speaking against.

Otherwise, you'd be a hypocrite. Amen?

So, revenge the disobedience about what you are doing wrong after God has delivered you from it, after you have gotten it correct in your own life, you have already removed the beam out of your own eye, then you can help somebody with the same issue. Amen.

Even as I have removed those things with God's help, with God's strength, with God's blessings that He helped me to overcome illegal drugs and different sins of the past that God delivered me from.

I have to speak out against those things.

That's my duty.

That's my responsibility to help others come out of the same sins that I came out of through God's help. Amen.

Mental health.

You can help other people deal with whatever God has helped you with.

In verse 5, we have to destroy speculations and everything that elevates itself against the knowledge of God.

So that means we have to control our mind.

And not only control our mind, but control demonic images and thoughts that the enemies put through our mind.

Okay?

The temptations we have to destroy and we have to take the temptations and the allusions. A lot of people in this day and time are having allusions and seeing things that are not really there.

And it's multiple problems causing this.

Horror movies, Hollywood, bad music, false religion, false teaching, demonic teaching, pastors and teachers on YouTube that have demons in them, books written by demonic people that people have read and their books are still at home.

They've not thrown away the books.

Books written by demon-possessed people and people have read these books and watched these videos.

And that transfers demonic spirits into those people that have read the books that have watched the videos.

Demons, demonic spirits are like a virus.

They're like germs.

They spread over the internet, over the airwaves.

The Bible calls the devil the prince of the air.

The airwaves, the frequencies of the internet signals, the words, the images, and the subliminal images and the subliminal sounds that you can't even see or hear but they are there in those videos, in those movies, and in those books.

subliminal messages.

A lot of the means, a lot of the images on social media have subliminal messages. Amen.

And Christians will share that crap.

They'll share that stuff because it feels good, it tickles the ear, and they don't stop to think before they share it that this particular image, this particular meme, this particular Bible verse is being shared in a subliminal messaging.

Even though it's a Bible verse, even though the Bible verse is true, they're sharing it because it pleases the doctrine that they're trying to subliminally teach people.

And people just swallow it and they don't exercise any spiritual discernment.

And this is why I hate it when people share the Bible verses about that God will never forsake you.

Yes, the Bible does say God will never forsake you.

Yes, it says it's true.

It's a Bible verse.

But the reason people are sharing it is to teach a false doctrine.

That no matter what you do, God will not forsake you.

And that's not what the Bible says.

That's taking it out of context.

Because the Bible does say that He will not hear, which means positively answer, He will not positively answer the prayers of sinners, and that the prayers of sinners are vain, and that your sin will separate you from God, and God will actually turn His back against you.

And that if you are not bearing fruit for Him, that He will take the eternal life away from you.

Different things like this that the Bible teaches us.

So, yes, God will forsake you if you are not growing in the Lord, if you're not changing, if you're not seeking His will, if you're not pleasing Him, if you're being disobedient to Him, if you're not fearing Him and not giving Him reverence and honor, He will absolutely forsake you. Amen.

If you are a sinner and you're not growing in obedience and repentance, He will forsake you. Because He is clean.

He is holy.

And He does not take pleasure in living inside a unclean, unholy, rebellious, stubborn, gullible person that's fallen forever lie of the devil.

He takes no pleasure in that.

He will not stay inside that person.

He will leave that person.

He will forsake that person if you're believing in flat earth because that's an insane doctrine.

If you have just a little bit of common sense, just a little bit of intelligence and take the time to examine it, it's a stupid doctrine.

And God will forsake such a person.

And I will cast such a person away every time.

If you're not willing to study it out, use common sense, use intelligence, and repent of a ridiculous, stupid doctrine, then I will say, I don't want nothing to do with you.

Because that level of stupidity is dangerous to me and to the entire church.

It's my duty, it's my responsibility to not allow demonic doctrines and stupid doctrines and foolishness to not allow it to creep into the church and be embraced by the church and turn a blind eye to it.

No. I have to cast it out.

I have to rebuke it. Amen.

And the people that are anti-American, I understand that the American government is not perfect, especially when you have a legitimate government that we have now.

But to be anti-American, to try to claim that America has always been evil in every aspect, in every war we have ever fought was evil.

And all of this crap is a lie of the devil. Amen.

And being anti-American is the same as being anti-Israel, anti-Jacob, anti-God, anti-Abraham, anti-Isaac, anti-Joseph, anti-Manasseh, anti-Ephraim, anti-Israel.

It is the mentality of demons.

It is the mentality of waging war against God's chosen people.

And God's chosen people have been sinful.

They have made mistakes.

God has punished them and chastised them for their sins.

That you should not be anti-God's people. Amen.

You should not be conformed to the thinking of the world where you're allowing these websites and books and videos to corrupt your mind and corrupt your thinking and brainwash you into false theories and lies.

People are so extremely gullible.

So extremely gullible.

We have to guard our mind, be careful what we watch and listen to.

They watch this stuff and read this stuff and listen to this stuff without prayer, without seeking

the Lord, without asking whether it's really true, and without asking for the proof of it. Amen.
And without using logic.

And without comparing it to the Bible, of what the Bible says about the tribes of Israel.

And it says that if you curse Israel, that God will curse you.

We should not hate the Jews.

We should not hate America.

We should not hate this tribe of America.

We should not hate white people.

We should not hate black people just because of the color of their skin.

We can recognize their differences.

Yes, we can.

We can recognize the differences of culture.

We can recognize the problems that exist within each culture.

We can recognize the problems that do exist in the black community, in the black culture.

We can recognize and speak about and have conversations about the problems within the white culture and Asian culture and Indian cultures.

We can talk about the sins and the witchcraft within the Native American Indian culture and the problems that exist therein in that culture.

But we cannot hate a person and an entire race of people based upon their tribe just because they are of the tribe of the Jews or of the white tribe or of the black tribe or whatever.

We can recognize there are problems in that community and we can recognize there are problems within that race as there are problems within every race.

Absolutely.

But we cannot hate the entire race just because they are of that race.

When we talk about mental health, we're talking about spiritual war. Amen.

We're talking about spiritual demons many times.

A lot of times mental illness is demonic influence.

It is either demon possession or demon oppression or demonic influence where demons have used family or friends to pull you down or demons or the enemy has used your own mind or your own self or your own thinking and your own obsessions to pull yourself down and you did not guard it strong enough.

You did not guard your thinking and your heart and your mind and your words and your actions into the direction that you was going.

You did not guard it strong enough and fell victim to it.

But you can always get right back up on the horse, get right back up on the bicycle, get right back up on the motorcycle and ride again. Amen.

The self shall rise again. Amen.

Praise God.

God is good, brother. Amen.

God is good.

Hey, part of mental health is that you need to praise God. Amen.

You need to give thanks to God.

You need to lift up the name of Jesus every day. Amen. Amen.

If you see some of these miracles and don't praise God, you're going to go crazy.

Exactly.

We have seen so many miracles in this ministry that we should be overflowing with

excitement, with happiness, with gladness, with rejoicing.
We should be overflowing with gratitude to God for all the miracles we have seen.
How Sister Amanda, how that she has been healed for the most part out of the most of her suffering, the magnitude, the severity of her illness to where she has recovered a far degree from what she was.
She still has a way to go in physical healing, but the measure of physical healing she has already received and then the different times that Brother Meekness was delivered and healed and different miracles we have seen throughout multiple people in this ministry, throughout the years and in the sermons almost every week.
And the list is endless of the things that we should be happy and rejoiceful about.
But if you hold it in and don't rejoice, then you're being lukewarm.
You're shut up.
You're like a dam that is closed and not allowing the water out.
And it's dangerous for a dam to be closed and not vented as things continue to build up.
There will be an explosion of the dam. Amen?
We have to vent and praise God and worship with raised hands.
And yet I have preached, how many times have I preached?
Over and over and over and over.
The importance of raising our hands.
When you raise your hands to God and praise, you're saying, I surrender.
I surrender.
My hands are up.
I surrender.
You've got to do that.
And that's what people are not doing is they're not surrendering to God.
They're holding on to their own will.
They're being stubborn, stubborn-minded and rebellious.
They won't surrender to God.
When I give them the truth that they are deceived on a certain doctrine, they don't budge.
They're not willing to examine themselves.
They won't even say, well, give me a few days to pray about this or let me study this.
They won't even do that.
They're not willing to think that they might be wrong on it.
And I'll point them out about a false thing, false doctrine.
They won't budge an inch.
They won't give in to God.
They won't surrender to God.
They won't examine themselves.
They think they know what they think they know and that is stubbornness.
Not willing to grow. Amen?
There's a lot here I know.
I'll be here all day.

Let's go to Philippians 4.

And this is another one of those chapters just like John 14.

This is one of those chapters that are the atomic weapons of God that will blow any mountain apart.

If you want to move a mountain, John 14, Romans 8, Philippians 4, these are chapters that move mountains. Amen?

Philippians 4:4.

Rejoice in the Lord always.

Again, I say rejoice. Amen.

Let your reasonableness or your calmness be known to all men.

The Lord is near. Amen.

That verse 5.

Let your reasonableness and your calmness be known.

That means have a balanced mind.

Have a balanced life.

Don't be overly anxious.

Don't be way too far to the left, way too far to the right.

Don't be religious fanatic.

Don't be over-liberal.

Don't be legalistic.

On the left, on the right, be balanced. Amen?

Be balanced.

Verse 6.

Be overly anxious for nothing, but in everything through prayer and supplication with thanksgiving, let your requests be known to Theos.

That means you need to pray and communicate with God about everything.

That doesn't mean that you have to pray and fast about it for 30 days before you make a decision on everything.

That's not what that means.

And too many people think they have to do that.

You need to eventually reach a certain level of maturity so that you can make a snap decision in life, but at the same time with the heavier things in life take some time to think about it first.

There are some times in life that you have time to think about it and pray about it and take it to the Lord.

And then there are other times when you have to make a snap decision right then and there.

And that's why you need God's Spirit and you need maturity and knowledge in order to make a snap decision when those times present themselves.

Verse 7, Then the peace of Theos which surpasses all comprehension will guard your hearts and your minds in Christ Jesus. Amen?

There is a measure of peace that surpasses all comprehension.

This is absolutely the truth.

And if you have not yet experienced that measurement, that amount of peace, then it is something that I would encourage you to pursue.

I definitely have that measure of peace because it doesn't matter how difficult things get at times.

I still have peace.

Even though I become a little bit concerned about this and that and this and that because I have to acknowledge problems in order to encounter problems, in order to solve problems.

But I don't allow anything to overwhelm me for a long period of time.

As humans, we all have those moments when we're more frustrated than normal and we feel

a little bit overwhelmed at times for a moment, for a few minutes.

That's being human.

But then we catch ourselves and the Spirit of Christ in us will guard us and say within ourselves, you know what?

It's all in God's hands.

And no matter what happens, it's all going to work out for the better, for the good in the long run in the kingdom.

Even though I'm concerned about a certain person or a certain situation, no matter how it goes, in the very end, everything is going to be perfect in paradise.

And that's all that counts. Amen?

One of these days, all the evil will be gone.

All the deception, all the lies will be gone.

And it will all be revealed.

The Bible says everything will be revealed.

Everything hidden will be revealed.

One of these days, all these people that have put us down for the truth, that have mocked us and ridiculed us, all these people that have called me a false prophet and claimed that I was out just for the money or that I was crazy or that I was lost or that I was deceived, all of that, every one of those evil people will have to stand for that at the judgment seat of Christ.

They will be held accountable and God will have the final word.

So why should I fret?

Why should I spend another moment in frustration?

Why?

When it's all going to come out good. Amen?

We don't need to stay within that feeling of way too much frustration or too much anxiety or too much worry or too much concern because even though that will occur for a few moments because we're human, that if we have the true peace of Christ, if we have Christ in us and enough of Him in us and we really trust Him and we really love Him and we really believe in His faithfulness, then who gives a crap?

Is all going to come out okay?

Why worry?

I cannot add an inch to my statue.

I cannot add an inch to my height, that means.

I cannot build my muscles bigger by worrying myself to death. Amen?

I want my spiritual muscles to be stronger.

That means I have to exercise and control my mind in the right direction to build my spiritual muscles.

Even as if I am physically working out to build my physical muscles, then I have to control my body and my willpower to properly work out to do the proper exercises and the proper routine in the proper way and the proper time to make it build my muscles bigger.

The same thing for my spiritual mind, my mental mind, and my physical mind.

I have to eat the right foods, drink the right things, and control my mind and my words and my actions.

I have to get control of the flesh and the spirit. Amen?

We have to be living in thanksgiving, being thankful and praising God and lifting those hands up to heaven.

Then we will have the peace of God which surpasses all comprehension that we will guard,

that we will protect our hearts and minds in Christ Jesus.

Verse 8, Finally, brethren, whatever is true, whatever is honorable, whatever is right and pure and lovely, of a good repute, whatever is unpleasant, anything worthy of praise, dwell on these things.

Don't dwell on the untrue.

Don't dwell on the un-honorable.

Don't dwell on the unright.

Don't dwell on the unpure and the unlovely. Amen.

If the only thing you watch all the time is bad stuff and the bad news and the evil reports, it will drag you down.

You have to watch some comedy, something relaxing, something encouraging.

If everything you put in your mind is negative, then the only thing you're going to get out of your mind is negative.

That's why I'm not going to watch Alex Jones because everything on there is negative, negative, negative.

The world is ending today.

The banks are collapsing today.

Everybody's going to be wound up and arrested and thrown in concentration camps today.

There is no hope.

Since 2008 or so.

Yeah.

So, I'd rather put in my mind, of course I've got to watch the news.

Of course I'm interested and want to know what's happening in the world.

I don't want to bury my head in the sand.

But I have to measure that out and balance it out with the peace of Christ and the positive news and good reports and putting my mind on the miracles and the faithfulness of Christ and what God has already done. Amen.

Verse 9.

The things you have learned and received and heard and seen in me, practice these things and the Theos of peace will be with you.

But I rejoice in the Lord greatly that now at last you have received your concern for me.

Indeed, you were concerned before, but you lacked opportunity.

Not that I speak from want for I have learned to be content.

Please underline learned to be content in whatever circumstances exist.

I know how to get along with humble means.

That means how to survive without having much.

And I also know how to live in prosperity as well.

In any and every circumstance, rather than how poor am I rich, whether I have a lot or whether I have few is what he's talking about.

No matter what.

In everything, every circumstance, I have learned the secret of being filled and going hungry.

Both have an abundance and suffering need.

I can do all of these things.

I can get through all these different situations in life through Him who strengthens me. Amen.

That's the peace that is beyond comprehension.

Even in your worst times and in your best times, you still have the same Christ.

He's God in the mountain.

There's a song. He's God in the mountain. He's God in the valley.

He's the same God of the Old Testament and the New Testament.

He's the same God both at night and the daytime, the summer and the winter, the good and the bad.

If you have the same God with you in the good times and the bad times, then He is faithful and He doesn't change.

He's faithful.

He'll get you through it.

You have to remember that.

You have to say that to yourself.

You have to bring that up into remembrance and you have to counsel yourself.

You can't depend on other people all the time.

Humans will let you down.

They've got jobs.

They've got lives of their own.

They've got their own worries.

They've got their own problems.

Even your own husband, even your own wife, they have their own concerns and their own mind and their own prayers and everything.

They have to be concerned about their own salvation, their own mind, their own joy, their own peace, and working out their own salvation with fear and trembling.

You've got to do it for yourself and not depend on them.

Not depend on your husband to pray with you and for you all the time.

You've got your own mind to pray with. Amen.

Use your own mind to pray.

Use your own eyes to read the Bible.

You don't need somebody to try to hold your hands to read the Bible.

Read it yourself.

Children, you're the same thing now.

Children, you should develop within yourself your own desire, your own will power to read the Bible and to pray without being told to do it.

Because you know this is the right thing to do.

Because you know God is real.

You know that God is love.

You know that God wants a relationship with you. Amen.

And that you're going to grow up to become a leader or a wife or a husband.

So you need to know God first so that your relationships with people will be correct and right and good. Amen.

Every person regardless of your age, regardless whether you're male or female, young or old, we, every one of us, are responsible for our own mind and heart and soul. Amen.

You're not going to be able to point the fingers at mom or dad or husband or wife or friend when we come to the judgment seat of Christ.

Once we are judged, once we come to the end of this world and come into the next world, the next world of being God's Kingdom on earth, as we transition into that future time eventually, we all have to answer to God individually.

And it won't be mommy's fault or daddy's fault or husband's fault or wife's fault.
We're always responsible for our own heart and mind.
So we need to be willing to serve the Lord and choose the Lord for ourselves. Amen.
We need to choose the Lord for ourselves.
We need to learn to be content even if we don't have a whole lot.
Because the riches of this world will only get us so far. Amen.
But the peace of Christ you don't need money for. Amen.
The Bible says, Come to Me and buy from Me without money. Amen.
That's what the Bible says, that you come to God and buy from Him without money.
He would give you what you're seeking. Amen.
He would give you what you're seeking if you're seeking peace and spiritual wisdom and spiritual discernment. Amen.

2 Timothy 1.7 For Theos has not given us a spirit of fear, but of power and love and self-control. Amen.

God has given us power and authority as compared to fear. Amen.
God has given us power and authority as compared to fear that we have to exercise that power and authority, not just believe that we have it, but exercise it, which is what most Christians are not doing. Amen.

And finally, let's go over to Ecclesiastes.
Ecclesiastes chapter 12, verse 12.

And moreover, my son, guard yourself by means of them, of making many scrolls, there are no end, is a weariness of the flesh. Amen.

So be careful what you allow in your ear gates, your eye gates, because a lot of people want to study, study, study, study, and I have already said that I encourage people to take the time to study the Bible, to study the evidence and the proof and the documentation, the historical facts, and the biblical facts.

But, but there are some people that get so far into research that they don't use logic or common sense.

It's just all research.

And then there are people that want to read so many books and so many websites and watch so many videos that they're not really taking enough time to actually seek God.

They're depending too much on human knowledge and human words and human opinions.

This is why I don't encourage people to go to ministry websites to learn truth, because that's just another church's opinion.

That's just another church's opinion.

That's just another pastor's opinion.

That don't mean it's true just because some pastor, some church wrote it, a website declaring that it is true.

It doesn't make it true.

The way that you should research a topic is what does the Bible say?

What does the Bible say?

And what are the historical facts?

Where did that particular doctrine originate?

When did the Trinity doctrine originate?

What did the Bible say about it?

What did the Israelites in the Old Testament believe?

Did they believe in one God as being one Savior, one Messiah?

Or did they believe in two gods, three gods, a thousand gods, a million gods?

Did they look at God as having three faces or three names or being three different people?

Of course not.

Of course not.

Look in the encyclopedias.

Look in the history websites and the websites that give documentation and references.

There's a really good alternative to Wikipedia.

And I have traditionally over the years loved using Wikipedia because they're good at giving facts with documentation, with references, with links, and with references what books you can go to for the documentation of these facts.

But in recent years the Wikipedia has started to lean more to the left and has started to censor information and change information and rewrite history and rewrite their way of thinking.

So there's a good alternative to that to where we won't have to deal with Wikipedia as much anymore.

And that is infogalactic.com

It's listed on the website and isawthelightministries.com/boycott.html

And it's basically identical to Wikipedia.

It was one of the original Wikipedia founders that created it and he broke off Wikipedia recognizing that it was starting to lean to the left and not giving the accurate truth about everything.

So that's a good alternative.

And then there's a history dot com does very well documenting historical facts and other websites and books that people can reference to find the facts.

If you go to a ministry website you find opinion.

So I would rather for you to go to encyclopedias and historical websites to find the facts.

And the Jewish encyclopedia is a pretty good place to find a lot of facts even though you're going to find some opinions there as well.

They also have a lot of facts and it's actually overall a pretty good website for research and information.

The Jewish encyclopedia as well.

Encyclopedia websites in general that are especially if they're not based in religion an encyclopedia website in general is a good reference point for research.

The thing that we do at I saw the light ministries dot com that makes us different from other ministry websites is that we do give you the facts, the historical facts the documentation like Wikipedia does so that we stand out and be different than the religious ministries websites that just give only opinion but not proof and not historical documentation.

That's what makes us different as well as encouraging people to take it into prayer and fasting whereas the other ministry websites do not do that.

And we encourage people to read the Bible and study the Bible for yourself whereas those other ministry websites don't really do that.

So there's a big difference.

But I normally would not encourage people to go to ministry websites to search for truth

because you're not going to find it in most ministry websites only traditional religion.
Right? Amen.

Now finally even though we're finished with the Scriptures now there's a few physical tips that I need to share with you to help you with good mental health of your brain, of your mentality, of your emotions, and of your hormones.

Hormones play a huge part in your brain function in your mentality the way you look at things think of things.

You need proper functioning of your hormones.

And here's a few tips.

Avoid red food coloring.

And really you should try to avoid all food coloring but that's almost impossible because food coloring is in so many different things but the more you can get away from the food colorings the better and especially the red food coloring because red food coloring is very bad on mental health.

That's been scientifically proven.

Also avoid anything that has soy listed as an ingredient.

Anything that has soy in it try to avoid it.

Now I'm not going to be over legalistic about it.

I'm sure that I had something with soy in it just yesterday.

I'm being honest with you.

But we can limit our intake and reduce how much of these things that we're bringing into our body and the less and the less and the less amount of these things we eat and drink the better we will be in physical health as well as mental health because your physical health is directly related to your physical hormones which then also affect your mind and your outlook and depression and anxiety and mental mood is directly affected by your physical hormones and therefore your physical health is very important to your mentality.

You should also avoid fluoride which is in most toothpaste and some water.

Some of the different cities out there put fluoride in their water so you should avoid it and you should learn and do the research to see if the town you live in if they use fluoride in their water and if they do you should not drink their water unless you have a way of filtering that out of the water.

In general I would recommend always filtering your own water even if you get it out of a well at home I think it would be good to filter it in some kind of filtering system to kill out bacteria and viruses and stuff like that.

The best filter system is a charcoal or a carbon filter system where it has a black piece in it that filters the water that helps kill out germs and bacteria and other elements.

Avoid artificial sweeteners.

Learn and do research about artificial sweeteners.

There are a lot of different names and types of artificial sweeteners.

You should avoid those and they are very toxic to the brain extremely toxic to the brain.

Avoid diet sodas because a diet soda is going to have those artificial sweeteners in there that have been scientifically proven to cause mental problems and brain problems and even cancers and tumors diabetes and other sicknesses illnesses and diseases that these artificial sweeteners have been proven to cause.

Avoid them at all costs.

Don't drink out of plastic.

You should buy a stainless steel or a glass cup to drink from.

Drink out of glass or stainless steel.

Don't cook with cheap aluminum pots and pans.

Instead, you should try to use high quality, new, this generation lead-free stainless steel cast iron or ceramic, chromatic, ceramic pots and pans.

So, if you have a pot or pan for cooking that you bought from the store 20 years ago it's probably not healthy for you because as we go on into the future laws change about what they are allowed to put inside the cooking pots and pans.

And they used to be allowed to put a whole lot more dangerous, toxic chemicals.

But now, every decade the governments are saying no, you're not allowed to use this anymore.

You're not allowed to use that anymore.

So, the newer that it is the safer, in general, hopefully it's safer to cook with if it's a newer pot or pan.

The exception would be cast iron because the cast iron technology and the ingredients that they make the cast iron out of really hasn't changed, that I know of and is pretty much safe even if it is very old.

Stainless steel might be the same situation I'm not for sure if the old stainless steel had lead in it or not.

But I know that the old chromatic ceramic the old ceramic had lead in it.

So, you don't want to use any of the old ceramics.

And the aluminum especially the aluminum fried pans and aluminum pots that have the Teflon and stuff like that If it's cheap, it's toxic.

If it is cheap it is dangerous to your mental and physical health.

It will cause cancer, it will cause problems with the liver and kidneys over time or mental health or focus or memory or dementia or Alzheimer's.

Do not cook with cheap cooking utensils and pots and pans.

Buy something of a higher quality.

You may have to save up your money you may have to stand on the street begging for money.

You may have to get a loan or you may have to find it at a used store in America we call it a thrift store I forget why they call it in Australia but a store where you buy only things that are used by people and people have donated to these stores and then they resell them for like very, very, very cheap.

So you can buy some good high quality stuff there but it needs to be a newer model of these cookware rather than something very old unless it's cash armed.

Okay, in addition to these I would encourage everybody to take a multiple B complex.

A vitamin B complex — actually, better than that would be nutritional yeast if you have access to it.

If they sell it where you live or you can buy it on the internet.

Nutritional yeast it is a yellow powder that has a whole lot of natural vitamin B's, different vitamin B's, so that would be a way of getting your multiple different B vitamins without having to take a vitamin pill.

But whether you take a pill or whether you take a nutritional yeast either way everybody needs enough vitamin B's first thing in the morning first thing right away as soon as you get up out of the bed after you brush your teeth is to get the B vitamins into your body.

If you take them any later than that they will disrupt your sleep cycle and keep you awake at night. They have to be taken only first thing in the morning. If you get up late then don't take your B vitamin. You can only take B vitamins early in the morning.

Also early in the morning as soon as you get up you need vitamin D and even better than a vitamin D pill is natural real sunshine, direct from the sun. Not through the windows, but direct from the sun without going through glass.

So you can open up the glass window if you can do that if your window opens up to allow the sunshine to come directly into your room.

Or if you can sit out on the porch or sit out in the yard that would be even better, to get that fresh air and sunshine.

Men and boys, take your shirt off if it is decently warm outside, if it's not too cold outside, take your shirt off. Wear shorts, take your socks off, and soak up that sun.

And even women do this if you have the privacy to do it with, to get the sunshine onto your skin at least 20 or 30 minutes every morning, preferably in the morning, but even if it's in the afternoon to get the sunshine, then so be it.

Everybody needs a lot of sunshine. Everybody needs really more than 20 or 30 minutes, but that's minimum bare minimum I say bare minimum pun absolutely intended.

The devil and the devil's leaders of this world they do not want you to get the sunshine that you need, and the fresh air you need, and the exercise you need.

The devil and the leaders of this world, they want you in bondage to the computer they want you sitting on your butt sitting still inside your prison of the four walls, and we need to fight back against that.

We need to raise our children to not go into the computer fields and internet field, to not be computer programmers.

Do not allow your young men and your young women the boys and the girls to grow up to go into the computer industry.

I don't care what they say about that being the future the reality the future. It's nothing but death and war and destruction. I just have to say it the way it is.

And there's always going to be a need for somebody to dig the ditch. There's always going to be a need for physical, manual labor.

So do not believe the lie that the computer technology is the only way. It absolutely is not the only way. Amen.

Teach your children and teach yourself that a better way of life is manual hands-on labor, and sunshine, and exercise, and moving around and moving your muscles.

That's the best type of work that a person can get.

Something that makes a difference in life working with: electricity, construction, the roads, gardens, farms, horses animals, being a policeman, a fireman. Amen

We also need calcium magnesium, potassium, iron and iodine. All of these are important for mental health, not just physical health.

Calcium is very important to the mind.

Magnesium, potassium, iron and iodine, all of these are very important, as well as the B's and the D's. These are very important for mental function and energy and proper focus and proper thinking.

If you are deficient in these you can have mental illness.

A lot of this mental illness they talk about your brain hormones and your brain chemicals. Well, these are directly related to these vitamins.

But you don't really have to get these vitamins from pills. You get a lot of this I'm talking about from eating spinach, just from eating a salad. You get a lot of the calcium a lot of the magnesium just from lettuce, just from spinach and other types of greens.

As far as the iron and iodine, you should get those from pink Himalayan salt or another brand of red colored salt, as long as it does not have the halal mark on it.

A problem with some of the pink Himalayan salt is that you would find the Islamic Sharia law symbol of halal on there, which we must, absolutely must boycott with seriousness, because that means that company has sold their soul to the devil. They have agreed with Sharia law, they have surrendered to Sharia law, they are paying a certain amount of money on a yearly basis to the Sharia law organizations.

And they allow a Muslim to come into their company on a yearly basis, maybe some of them even more than a yearly basis, even once a month, some of them, to make sure that their company is agreeing to the Sharia law.

That is something we should not compromise with or turn a blind eye to.

We should not use an excuse, "Well, I'm just eating salt I'm not practicing Islam I'm not condoning them I'm just eating salt, that's all I'm doing."

That is a cop out. That's just finding an excuse to not stand against evil.

And we are all held responsible by the Holy Spirit to do only what's pleasing to Him and not what is pleasing to the enemy.

Not only are you giving money to those Muslims but you are condoning that practice of Sharia law, and encouraging other companies to do the same, because they see that company as being successful with it.

We need to take such things seriously.

This is part of the physical realm and the spiritual realm being connected. That physical realm and the physical realm and the spiritual realm are absolutely directly connected and when you compromise with it you compromise your integrity, you compromise your stand against evil, and you compromise what God expects from us.

We need to take such things serious.

You can also get a lot of magnesium, iron and iodine from the pink colored, red colored salt And beets are very strong in iron as well as other nutrients.

We need to also walk and exercise on a daily basis, and especially men need to lift weights and work out and try to be masculine with their physique with their strength, so that we can protect the women and protect society, protect our nation and our neighborhood, stand up against the bullies.

So men it is very important to be physically strong.

Now everybody is different we have our bone structure and our weight and our DNA our genetics of what we inherited from our families, about how strong we can become, what we are able to do.

But we can all become physically fit, whatever that standard is of what we are able to do with our genetics.

And a lot of people use genetics as an excuse. There is a certain level of physical fitness that any human can attain to if we try.

When we talk about exercise we also have to mention that yoga is one of those things where the physical and the spiritual is connected.

Even though yoga is extremely popular among Christians and the world in general, as a way of relaxing and exercising and so forth, the reality is if you wish to do your research that is undeniable that it originated as a part of Hindu worship, that is directly tied, not just indirectly but rather it is directly tied with religion and the spirits the different gods, multiple different gods that they worship in the nation of India.

And again people want to use the excuse where I am not practicing Hinduism I am not practicing paganism I am not praying to demons and all the only thing I am doing is only exercising only stretching.

But that again is a cop out and excuse because no matter what we do in life we need to look at the origin in the spiritual realm what is the origin?

All these different sounds that they teach all these different names that they use all these different positions what are the origin of these words?

What are the origin of these sounds?

What are the origin of these positions?

And when you do your own research with a sincere heart, that wherever the research would lead you to that you be willing to adapt to increase knowledge and learning and becoming more mature with your responsibilities, with your choices and decisions in life, seeking what is pleasurable to God, what is pleasing to God.

The Bible says that we should test, that we should prove what the acceptable will of God is.

Not just assume it. Not just make excuses. But prove what the acceptable will of God is.

If we do this and do the research and use spiritual discernment and seek the will of God then the Holy Spirit would say to us that we should not be practicing yoga which is a direct fruit of Hindu paganism sounds and chants and positions that are directly related to the worship of demons.

We should just say it the way it is, and this is how the whole world is deceived.

Revelation 12 verse 9 tells us that Satan has deceived the entire world.

So just because the world does it and all the other churches do it and all the other Christians do it doesn't make it right.

The Bible says that we are to come out from Babylon, out from the world, and not be conformed to the world but rather with the renewing of our mind we need to be transformed to the mind of Christ.

Christ would never do yoga. I can promise you that on my soul, on my life, on my salvation as my salvation being at risk is no risk at all to say that Jesus would not do yoga. Amen.

Even as He would not do horror movies. Amen.

As a very safe statement with my soul on the line.

We can exercise, we can walk we can jog we can get on the treadmill we can go to the gym we can lift weights.

There's all kinds of exercises and stretches that we can do with the same benefit as yoga without the demonic influence and without compromising with what's really behind the spirit of yoga.

Another thing I must mention as we talk about the topic of mental health today is good healthy food, including healthy fats healthy fats that you can obtain from nuts, any type of nuts, avocados, fish, oil, sardines, and olives, and so forth.

These are healthy fats that we cannot leave out.

Meats. Meat, the healthy fat and the healthy protein the specific type of protein that we get from eating meat is different from the protein you get from plants and is absolutely essential, absolutely essential.

This popularity of vegetarianism is not healthy.

Yes, you can find a thousand stories where the people stop eating meat they lost weight, their health improved, they was healed of a disease, they're no longer sick, they're much healthier.

Yes, you can find ten thousand reports of that.

But the reason for that is they stopped eating the junk food they stopped drinking the sodas.

They reduced their sugar intake and they also embraced a healthier lifestyle of exercise.

It is not the absence of meat that has healed them. It is the fact that they have changed their life to eating better and eating more fruits and vegetables, and that's good for us.

But sooner or later down the line as they continue to not eat any meat, eventually their health will eventually, absolutely in every case without exception, their health will start to deteriorate.

Their minds will not be as focused. They will become too skinny. Their mental health will suffer.

And they will become spiritual problems because of how they continue to adapt themselves to false theology and the false teachings of the world, being gullible to false ways of thinking.

The reality is that God commanded the eating of meat even for the holy days for sacrifice.

Back then in the old covenant of course. We don't have the sacrifices anymore.

But that showed us and that taught us as a human species is that meat is acceptable for our health for our intake and that God would not put upon us something that is unhealthy.

We need those specific proteins that meat provides, and the specific types of fats, even saturated fat, that we obtain from eating meat.

That is absolutely necessary for our mental focus and mental health to have saturated fats.

And especially for growing boys as they are young and growing up. Meat and milk is very, very, very essential to growing children, men, boys, girls, both.

But the boys need even more fats and even more protein than what the girls do, and that's what a lot of people don't realize is that boys and men need more fat and more protein to build muscles and height and strength and broad shoulders and strong bones and a strong body and a strong masculine mentality.

We have ended up today with a wimpy society and men are very effeminate and weak and soft because of too much soy not enough meat not enough fat and not enough strong, bold preaching and not enough dads staying at home.

The women divorce men for every reason they can think of every reason they can think of divorce. Divorce is almost always the choice of the woman and not the man. So we have to stop that in our society. Amen.

The children need discipline that comes better from the dad.

We need to drink enough water and the water should be filtered at home rather than buying bottled water. When you buy water in a plastic jug, even if it's been filtered it's been sitting in that plastic jug and the whole time that plastic is being leached out into the water. And I read that each one of us have enough plastic in our bodies to make a credit card every year that we intake that much more plastic every year. So five years of buying water in a plastic jug or a plastic bottle five years we have enough plastic in our body to make five credit cards in our body, if we are not detoxing it, if we are not losing that out somehow.

We also need to do a detox at least once a year and really more than that but I'm saying bare

minimum once a year doing a fast of detoxing and using some nutmeg and coffee and different things that flush out our systems and flush out and clean out our intestines. Because your intestines you get plaque built up in there and food and if you're taking vitamin pills and pharmaceutical pills and plastic is getting gummed up inside your intestines and inside your blood arteries your veins and all that and your body is getting filled up with plaque from the plastic pills and the hard very hard vitamins that the body cannot hardly absorb. So you need to do a detox at least once a year and clean out your bowels and intestines so forth.

All of this is important to mental health because of how the mental health is very much directed to your hormones so you have to remember that the spiritual world and the physical world are tied together very much.

So did I leave anything out there, Jared, or anything else you want to add? You want to add. "Let's see, I would recommend at night to not have to not be on the computer watching the TV. All those electronic lights. Don't sleep with your phone."

Exactly. 5G is coming out in more and more and more communities, and this is a demonic war against our minds and our physical health and so it is a danger it is something that we must address.

And I would encourage everybody to turn your phone completely off at night when you go to bed and perhaps even do that like an hour or two before you go to bed turn your phone completely off or at least on airplane mode.

If anybody needs you they will come knock on your door if it is that important or you will receive the notification when you wake up in the morning you turn your phone on you will receive the notification.

What did we do as a society before cell phones and before telephones, we survived. It is OK to turn your phone off at night where you will be able to sleep better without those frequencies.

And it is also well known that the earlier that we turn off the TV and the videos and the internet and the computers before we go to bed, an hour or two hours, whatever you can do. The earlier that you do that the more that your mind and your eyes and your hormones can start winding down for sleep, because even the light in your eyes and especially computer light in your eyes and even these light bulbs.

And the way the government has changed the type of light bulb that we can buy, they took out the safest kind and now the kind of light that they promote for you to buy are the worst kind for our health. (Jared: "Dollar Tree still has the good kind of those appliance bulbs, it is not as bright but they last really long.")

So it is becoming more and more difficult to buy and find the older type of light bulbs (incandescent) that was not as bad for our health. All the brand new ones (LEDs) a lot of them, most of them that you find in the store are very bad on mental and physical health and we are under these lights all day long.

We need to get outside and open the curtains and let in natural light, and turn off these artificial lights as often as possible, save electricity and save your health.

We are in a war for our minds, for our souls for our family, for our children for our society, and all these things may seem like nothing to some people, but it adds up.

This plus this plus this plus this, it adds up.

And by the time we knew it we are robots and we are computers and we are unhealthy and

we are lazy and we are complacent because we condone it, we condone it, we condone it. We get adjusted to it and we become robots and we become robotic in our lifestyle. We need to get out when it's not raining when it's not cold, when it's not windy. We need to get out, sit on the porch work in the garden exercise, walk, visit friends, visit family, visit the nursing home, help people, serve people. Amen. And make a difference in the world. You can't make a difference in the world sitting inside all the time, not very much, unless you have a good following of teaching and leading people on the internet.

Okay I look forward to the sermon this Saturday. Please be praying about that pray, for each other, pray for more peace in your own heart, that's what I'm talking about. Peace in your mind, peace in your heart.

Ask God that you may receive. He is the source of peace. He is the source of peace. Praise God.

And anything that does not give God the glory is not pleasing to Him anything that does not give God the glory. Praise God.

That's what I like about country music. Country music often mentions God, praises God, thanks God, in a lot of those songs and those songs have meaning to our life, to our culture, to our society, to our families.

There's a lot of junk as well, but there's also a lot of good country music to honor God and honor family and virtues and values.

Country music emphasizes the ideal American lifestyle of God, family, and guns for self defense and hunting. Farming, fishing, swimming. That we live a healthy lifestyle.

And the type of music you listen to influences your mind, your thoughts, your outlook.

The devil has corrupted religion and religious service through music and has corrupted people's minds and corrupted society through music.

A lot of that 1960's, I used to love, Janis Joplin and the Beatles, and some of those other groups. But then once I accepted the mind of Christ, then I started seeing things with different eyes, a different mentality, a different mind — not my mind, but Christ's mind, to see how the devil was working in that music.

We have to be able to allow God to change our outlook and change our lives so that we are not conformed into the world but transformed during the renewing of our minds.

Be new, be different, be a new creation in Christ Jesus not the old person. Amen?

I'm going to shut up let some people go to bed in Asia.

And talk to you later and see you Saturday.

And until next time may God bless you in amazing ways. Amen. Thank you.

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