

Luke 21:36 - "Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man." NKJV

Days of Noah

March 2011

Hallelujah Wellness

Revelation 4:4

Twenty-four other thrones surrounded the throne, and seated on these thrones were twenty-four elders (the members of the heavenly Sanhedrin), arrayed in white clothing, with crowns of gold upon their heads. Amplified Bible



Keeping Your Crown (Part 1)

The LORD God Almighty woke me up this morning on Thursday, February 17, 2011 at 5:55 AM with these words in my mind, "Keeping my Crown".

During my morning prayers and devotions to the LORD God Almighty, as I was reading the Word of God the Holy Bible, the Holy Spirit took me to the book of **Revelation**. Then in chapter 3 of Revelation the Holy Spirit had me to read these words (Amplified Bible):

10 - Because you have guarded and kept My word of patient endurance [have held fast the lesson of My patience with the expectant endurance that I give you], I also will keep you [safe] from the hour of trial (testing) which is coming on the whole world to try those who dwell upon the earth.

11 - I am coming quickly; hold fast what you have, so that no one may rob you and deprive you of your crown.

12 - He who overcomes (is victorious), I will make him a pillar in the sanctuary of My God; he shall never be put out of it or go out of it, and I will write on him the name of My God and the name of the city of My God, the new Jerusalem, which descends from My God out of heaven, and My own new name.

13 - He who can hear, let him listen to and heed what the Spirit says to the assemblies (churches).

When we guard our hearts and keep the LORD God Almighty's word of patiently waiting upon Him and enduring until the end, the LORD God Almighty will keep us safe from all harm and danger. Also, the LORD God Almighty will protect us from the "hour of trial" a testing for all and to try ones who lives on the earth. This testing from the LORD God Almighty is a separation of the true humble obedient clay vessel bondservants of the LORD God Almighty from the false arrogant disobedient stone hearted individuals who are living to fulfill his or her fleshly desires and have a façade of being a believer or Christian or follower of the Messiah, which are really, known or unbeknown, Satan the devil servants.

(Continue on page 2)

Fitness and Nutrition for the Whole Person! **BODY, MIND, SOUL, SPIRIT WELLNESS**

1 Corinthians 6: 19 – 20 - Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. NKJV

Why stretching is so important. Posted in Stretching by FitnessMan
Stretching is the deliberate act of lengthening of muscles, in order to increase muscle flexibility and/or joint range of motion (Weerapong et al 189–206). Stretching is a natural activity often performed without thinking by most people and many animals, and can simply be pleasurable. It can be accompanied by yawning. Stretching often occurs right after waking from sleep, after long periods of inactivity, or after exiting confined spaces. (From www.exerciseweb.com, 2011)

Dr. Andrew Weil: "Optimum health addresses the mind, body and spirit. Through small adjustments in lifestyle, nutrition and prudent supplementation, you can better adapt to the changes that time brings, and achieve and maintain optimum health over your lifetime."
(www.DrWeil.com, 2011)

Christian Hebrew Jewish Roots

"JESUS' TRIUMPHAL ENTRY"

God kept His promise to David. Solomon came to the throne in 971 BC and vastly expanded the borders, influence and wealth of Israel. Solomon built the first Temple and reigned during a time of prosperity and peace. In the centuries that followed, when Israel was taken captive to Assyria and to Babylon, or lived under the domination of the pagan Greeks and Romans, and there was no heir of David on the throne, the golden age of Solomon became the archetype of the Messianic age that would come one day.
(www.jewishrootsofchristianity.org, 2011)

Look for new book in 2011:

Title: Days of Noah: Words of Warmth, Wisdom, and Warning!

FREE HOLY BIBLE

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Proverbs 4:23 -Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.

Luke 21:34 - But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;

Philippians 4:7 - And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

Psalms 37:7 - Be still and rest in the Lord; wait for Him and patiently lean yourself upon Him; fret not yourself because of him who prospers in his way, because of the man who brings wicked devices to pass.

Mark 13:13 - And you will be hated and detested by everybody for My name's sake, but he who patiently perseveres and endures to the end will be saved (made a partaker of the salvation by Christ, and delivered from spiritual death).

1 Corinthians 10:13 - For no temptation (no trial regarded as enticing to sin), [no matter how it comes or where it leads] has overtaken you and laid hold on you that is not common to man [that is, no temptation or trial has come to you that is beyond human resistance and that is not adjusted and adapted and belonging to human experience, and such as man can bear]. But God is faithful [to His Word and to His compassionate nature], and He [can be trusted] not to let you be tempted and tried and assayed beyond your ability and strength of resistance and power to endure, but with the temptation He will [always] also provide the way out (the means of escape to a landing place), that you may be capable and strong and powerful to bear up under it patiently.

Philippians 3:20 - But we are citizens of the state (commonwealth, homeland) which is in heaven, and from it also we earnestly and patiently await [the coming of] the Lord Jesus Christ (the Messiah) [as] Savior,

Jude 1:21 - Guard and keep yourselves in the love of God; expect and patiently wait for the mercy of our Lord Jesus Christ (the Messiah)--[which will bring you] unto life eternal.

Revelation 2:3 - I know you are enduring patiently and are bearing up for My name's sake, and you have not fainted or become exhausted or grown weary.

Psalms 19:9 - The [reverent] fear of the Lord is clean, enduring forever; the ordinances of the Lord are true and righteous altogether.

Psalms 27:14 - Wait and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord.

Judges 3:4 - They were for the testing and proving of Israel to know whether Israel would listen and obey the commandments of the Lord, which He commanded their fathers by Moses.

Hebrews 3:8 - Do not harden your hearts, as [happened] in the rebellion [of Israel] and their provocation and embitterment [of Me] in the day of testing in the wilderness,

Psalms 12:5 - Now will I arise, says the Lord, because the poor are oppressed, because of the groans of the needy; I will set him in safety and in the salvation for which he pants.

Psalms 14:6 - You [evildoers] would put to shame and confound the plans of the poor and patient, but the Lord is his safe refuge.

Keeping Your Crown – (Continue from page 1)

Psalms 78:53 - And He led them on safely and in confident trust, so that they feared not; but the sea overwhelmed their enemies.

Psalms 119:117 - Hold me up, that I may be safe and have regard for Your statutes continually!

Proverbs 18:10 - The name of the Lord is a strong tower; the [consistently] righteous man [upright and in right standing with God] runs into it and is safe, high [above evil] and strong.

Proverbs 28:18 - He who walks uprightly shall be safe, but he who willfully goes in double and wrong ways shall fall in one of them.

Proverbs 29:25 - The fear of man brings a snare, but whoever leans on, trusts in, and puts his confidence in the Lord is safe and set on high.

Isaiah 32:18 - My people shall dwell in a peaceable habitation, in safe dwellings, and in quiet resting-places.

From Revelation chapter 3, we read a person will receive protection from the LORD during the hour of trial when:

- * **Guarding his or her heart.**
- * **Keeping the commandments of the LORD.**
- * **Enduring to the end.**

When we guard our heart, keep the commandments and statues of the LORD, and endure to the end, we will receive a crown (people and situations of this world will try to rob or deprive you from keeping your crown).

LORD willing, next month, we will look into the Holy Bible to discover - **What is the crown and who and when will a person receive it?** piercegrace. Holy Bible Scriptures are from Amplified Bible.

READ, KNOW AND LIVE YOUR HOLY BIBLE !

Fill in the Blanks: Isaiah 3:9 (NKJV) *The look on their _____ against them, And they declare their sin as _____; They do not hide it. Woe to their soul! For they have brought _____ upon themselves.*

? Question: **How old was Zedekiah when he became king of Jerusalem and for how many years did he reign?** Jeremiah 52

? Question: **Was Zedekiah a good or evil king of Jerusalem, in any case, what did he do?** Jeremiah 52

? Question: **In Jeremiah's day, who was the king of Babylon?** Jeremiah 52

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