

Thursday, August 30, 2012

Yahweh's Grace, Mercy, Peace and Protection upon you,

I want to share with you what is on my heart this morning. As the Ruach HaKodesh, the Holy Spirit of the Most High Exalted One, Creator of the universe, and KING of everything, I feel I should tell you this important message about our Yahweh-given Temples, which are bodies.

In the coming months, the Most High One Exalted, Yahweh, Adonai, Elohim is going to cause a horrific, devastating, and catastrophic event to happen upon the earth to show unbelieving people without faith and trust in Him that He is the Sovereign and Supreme and He is the only GOD and there is no other god like Him. Also, the coming Yahweh-directed horrific humbling events upon this earth is showing His mercy and grace to those same unbelieving individuals to repent and turn away from sinning against Him, and to turn toward the Loving Everlasting, Eternal, and Everliving Adonai, Elohim. Adonai, Elohim desires for all His creation to become saved and have the opportunity to live in His coming Kingdom.

I plead and urge you to start preparing your Temple with healthy and wellness in your body, mind, soul, and spirit. The purpose of this email is to assist and implore you to keep you Temple body that Yahweh has given you and me to live in mentally, physically, and emotionally wellness. The Most High Exalted One is going to cause and allow people to see events and happenings that have not occurred before or ever. These never-occurred-events will cause some individuals to respond negatively because of fear and panic. Do not believe the lie coming from Satan the devil and his agents because if you do, you will not survive.

If you have any medical issues, if you are on medications, or have any life threatening maladies, check with your doctor before doing any of the *Physical (Body) Wellness* suggestions below.

Physical (Body) Wellness

1. If you are able bodied, it is vital to begin a fitness program. Start walking 30 minutes a day three days a week. You can divide the walking into three 10-minutes blocks.
2. Strength training two times a week inside your home if you cannot afford to join a gym. Start by using your body weight at first, without added weights.
3. The library has many fitness videos you can view to exercise inside your home.

4. I highly urge you to become vegetarian or vegan because food prices are going up, and meat will become difficult to afford: This nutritional lifestyle is much healthier and cost efficient for everyone.

Spiritual (Soul) Wellness

1. Read Psalm 51, and ask the One Most High and Exalted forgiveness of all your sins, known and unknown.
2. Ask the One Most High and Exalted to help you forgive all and everyone who have hurt you, intentionally or unintentionally.
3. Ask the One Most High and Exalted to help you not to sin against His commandments, laws, and statutes.
4. Start reading, studying, and meditating everyday on the Word of the One Most High and Exalted, the Holy Bible. Reading the Holy Bible for 10-minutes a day is a great starting point.

Mind Wellness

1. Expound upon meditating upon the Word, the Holy Bible. I call this Reading-Praying the Holy Bible.
2. When Reading-Praying the Word of Adonai Elohim, you need to sit still in a quiet place, and rest in His Presence. Do this if you desire to know His will and way in your life.
3. Wait upon the Holy Spirit to comfort and teach you from the Holy Bible as you Reading-Praying His Word.

Our bodies were bought with a Price through the Messiah from the Everliving One Most High and Exalted LORD GOD. Please take care of your Temple of body, mind, soul, and spirit to not become overwhelmed and survive the coming event happenings by the Hand of Yahweh, Yahuah, Adonai, Elohim, El Gibbor, El Shaddai, and El Elyon through the Son of Man, Son of GOD, the Messiah, the One who is, was, and is to come, Yeshua, Yahusha, and Jesus Christ of Nazareth by the Holy Spirit, Ruach HaKodesh, and Set-apart One. Hallelujah! Yahweh, Adonai, Elohim will protect His obedient humble servants and keep them in His Secret Place (Psalm 91).

Yahweh's Blessings and Peace to you,

Virginia G. Pierce-Kelly