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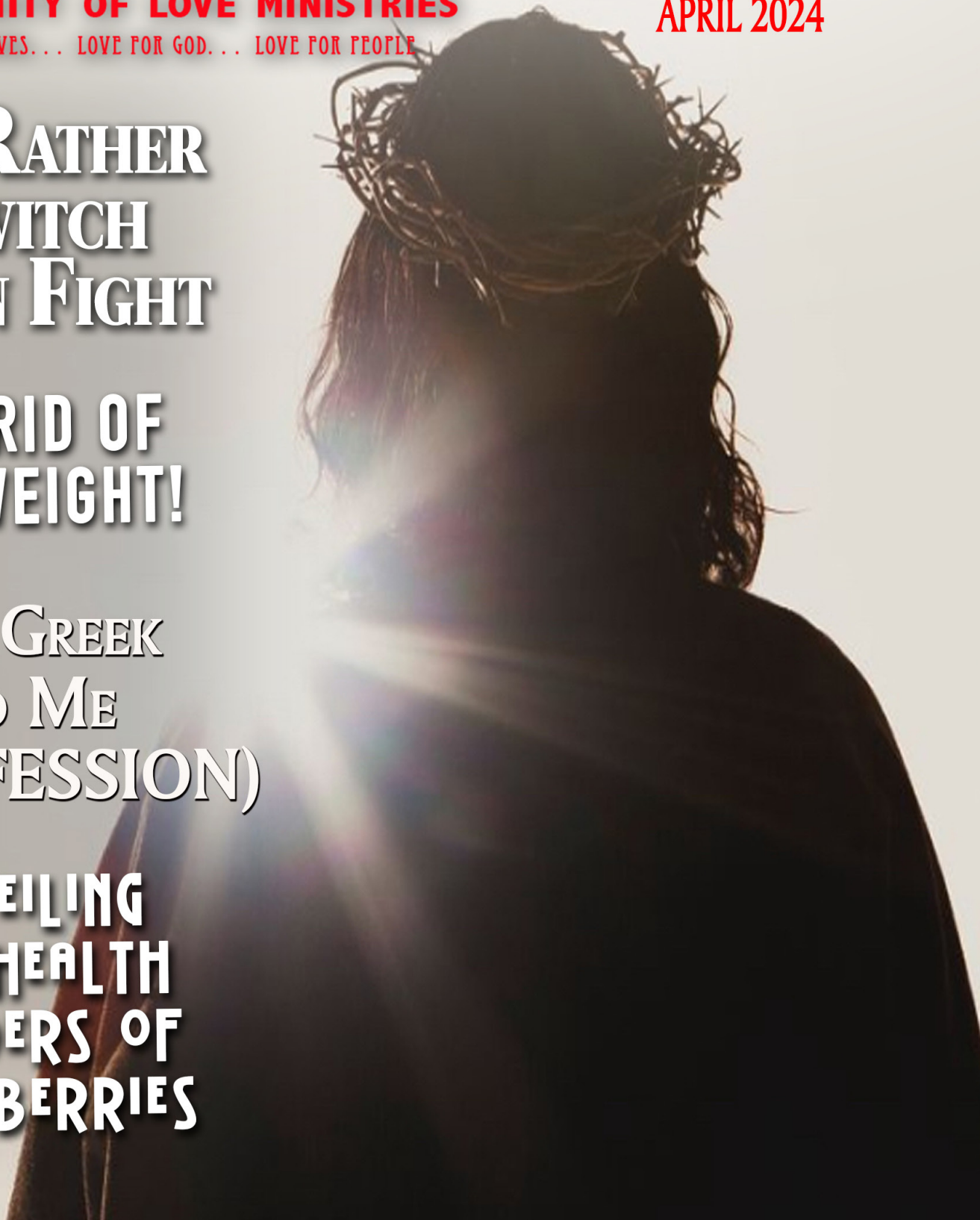
APRIL 2024

**I'D RATHER
SWITCH
THAN FIGHT**

**GET RID OF
THE WEIGHT!**

**It's GREEK
To ME
(CONFESSION)**

**UNVEILING
THE HEALTH
WONDERS OF
BLUEBERRIES**



THIS IS HOW I SEE IT...

Vashti

We have all been blessed to have
our own opinion, perspective,
or point-of-view.....

It's not necessary that we all agree.
It is my hope that you see
the truth within my words for
this is how I see it....

bycherylvashti

I'D RATHER SWITCH THAN FIGHT

'EMBRACING THE SHIFT'

"Join the unswitchables get the filter cigarette with a taste worth fighting for."

"From 1963 to 1981 an advertisement for a cigarette was plastered on billboards, spoken on the radio, and viewed on television. The tagline for that cigarette was "I'd Rather Fight Than Switch." This was a subliminal message that was filtering the air for 18 years.

Although, it was geared for the cigarette, the thought behind it was sending a negative message. The message was I rather fight than switch for the taste of a stick of nicotine whose package states it can cause cancer. In other words, I rather bite the fruit and take the chance of getting cancer.



A Tareyton magazine advertisement from 1965. In the famous campaign, people from all walks of life showed off black eyes to demonstrate their willingness to "fight" instead of "switch" from the Tareyton brand.

I was only six years old when that advertisement came out. I am now well into my 60s and although I remember the tagline. I didn't recall the name of the cigarette until I googled it. This is a clear example of the subliminal messages that captivated the mind of many.

The clear message given in the particular advertisement is to fight for things, even if it has a negative affect, fight, anyway.

Instead of allowing you to see the damage of a cancer stick, the advertisement glorifies the fight, using women and other things to promote the false goodness of a potential danger just for the love of money and presumed false power.

When I think about having a choice and walking in the spirit as opposed to walking in the flesh, well, I'd rather switch than endure the fight of an encounter of my flesh.

I rather switch from what I've learned from the ideas of man and church doctrine to having the mind of Christ. I rather walk in the spirit than be consumed by the flesh.

I rather accept the reconnection of my spirit to God, then operate under the influence of stress, hatred, anger, chaos, and confusion. These negative emotions all contribute to the dysfunction of many cells within the body. This dis-ease takes on many names one of which is cancer.

What is cancer? One definition of cancer is a practice or phenomenon perceived to be evil or destructive and hard to contain or eradicate. If you could see the damage cancer causes you'd stop practicing the cause of it.

How many repetitious things have we heard that have become our thoughts and entered our hearts. Look around you, it's not hard to see, everyone is fighting, and it has even become a big part of many churches.

The words that come across the airwaves and social media are the subliminal repetitious messages that unconsciously captivate our attention and become hidden within the heart.

The hidden words within a heart are words we speak, and act out. The word of God says out of the abundance of the heart the mouth speaks. (Luke 6:45) In other words, "a good man brings good things out of the good stored up in his heart."

God's Word is the spiritual law from which our spirit-man was created to operate by. The disconnection of our spirits needed a reconnection through our awareness, belief and acceptance of all that God truly is, and allowing His

presence to be rebirthed within our spirit. In other words, allowing our "being" to be born again, accepting the offer of the new heart that God offers and allowing the full transformation to begin within our hearts through day and night meditation of His Word.

The transformative life that is offered by God is one with no side effects. It's a pure journey that guides us to the original plan of God. A plan of a sound mind full of peace with no harm and above all agape love.

It's a plan free from yesterday's baggage and has no room for negativity or chaos. It's a place of peace... It's a place where you turn the other cheek when you're confronted with opposition.

Many of us say we accepted the new heart that God has offered us but yet we have not fed upon or hidden those laws within our hearts. The renewing of the heart has to take place in order to walk and respond in the light of God's spirit. Studying the laws goes way beyond the church rule of it. There has to be a true hunger and a thirst of it in order for the filling to take place. It has to be a true heart filled intentional practice of His presence in all situations of our lives.

Our hunger and thirst for God's law allows the sharpness of the hidden Word of God within our hearts to access and cut out the learned behaviors of our past.

You know what's hidden in the heart of people by their actions and the responses that come from their mouths.

These days I've seen many who've attended church for years, taken on meaningless church titles, attend almost all church functions, and literally speak across pulpits, choosing to fight than switch.

The transformative power of God's Word has to be allowed the space to transform our lives. It's a daily dying and surrender of our learned will. It's a practice of His presence through the daily renewing of our mind. Our mind is not our brain. It is our conscious. Whatever we are conscious of is where we react from. A heart that is still operating from the world's prospective is ultimately aware of and more conscious of the world's reactions and responds to life circumstances from the world's point of view. But if our awareness and our consciousness is that of the mind of Christ, then our responses, our reactions and our words will be that of the spirit of God within us.

So, I'd rather switch than fight. The Word of God says, the battle is not mine, but God's. So I choose to stand still to see the salvation of the Lord.

This Is How I See It!

**“EMBRACE
the shift,
for it's in the
calm adaptation where
true purpose and strength lies.”**



Father, with gratitude in our hearts, we surrender to the process of transformation, trusting that through your divine guidance, we will emerge stronger, wiser, and more aligned with the spiritual truth in Your Word.

As we embrace the journey of change, may we be mindful of the impact of our decisions on ourselves and those around us. May our actions be rooted in kindness, compassion, and integrity, reflecting the love and grace that you shower upon us.

Thank You for your guidance, strength, and courage to embrace change to walk on a spiritual path and not cave into the habits of our flesh, as we make shifts in our lives for the better.

As we walk into uncertain territories, thank you for your wisdom that illuminates our way, showing us the possibilities that lie ahead. Help us to release the fear that holds us back and open our hearts to the endless potential within us.

Thank you for always being with us as we navigate through the transitions that life presents, knowing that with each change comes the opportunity for growth and transformation. Grant us the resilience to adapt to new circumstances and the faith to believe in the power of the abilities that come through living in you.

In Jesus name...AMEN (It is so...)



A person is seen from behind, running up a steep, rocky hill. The person is wearing a loincloth and has chains attached to their waist. The scene is set against a bright, hazy sky, suggesting a sunrise or sunset. The large, smooth stones on the hill are prominent in the foreground.

GET RID OF THE *Weight!*

by michaelgordon

“... let us also, lay aside every weight, and the sin that so easily besets us... and let us run with patience the race that has been set before us. Looking unto Jesus, the author and finisher of our faith...” (Hebrews.12:1-2)

The writer of the New Testament book of Hebrews compares the Christian life to a race. The writer was probably referring to the Olympic competition of the day where the runners ran marathons of 26.2 miles from starting point to the finish line between neighboring cities. The key to successfully completing the race was for the runners to remove and eliminate any additional weight or hindrances that would slow them down and stop them from reaching their destination, the runners in a marathon are not so much concerned about speed, but they are concerned about endurance, or completing the race course. I have, personally, completed five marathons. And, I remember lining up at the starting point with 40,000 other runners when the starter pistol was fired, everyone began running, and in the 1st mile people began to takeoff jackets, running pants, and other parcels of clothing, in order to lighten their load. Each runner understood they would have to takeoff or lay aside something. Anything that would weigh them down, slow them down, or prevent them from finishing the race.

The writer of Hebrews gives each Believer four important points of information that could determine whether they successfully finished the Christian race or fell by the wayside.

1. Lay aside the weights... These weights can be described as anything that could slow them down or impede their forward progress. It could be any thing that is not essential to the Christian life. Things such as habits, bad decisions, toxic relationships, lack of spiritual discipline, or worldly opinions/assumptions that cause doubts, divided, allegiance, or distractions that prevent us from pursuing God's will for our life. Anything that we are doing that diverts are attention and affection away from God is a weight that must be laid aside.

2. Lay aside the sin... weights will slow you down, but sin will stop you in your

tracks. Sin is much more destructive than weights. The writer is not referring to individual or specific sins in our individual lives. Here, he is referring to, "the sin" or the sin of unbelief. Unbelief is our greatest sin. Unbelief is our most destructive sin. Unbelief is the sin that will paralyze and nullify our faith when we are believing for any particular thing. We must be quick to identify and relinquish any unbelief in our life and replace it with the truth and obedience to the Word of God.

3. Let us run with patience... The Christian life is not a 50-yard dash, but a marathon. We need patience or endurance in order to finish the race. All sorts of things may happen along this race of life, but we must remain steadfast and unmovable in our resolve to stay on course and reach the finish line.

4. Looking unto Jesus... We, as Believers, must keep our eyes on Jesus! After we lay aside the weights, and after we lay aside the sin, and after we begin to run with endurance...we must remain focused on Jesus. We cannot look to the left, or the right or behind us. We must keep our focus, our footing, and our faith in Jesus!

We are designed to run this Christian race, and we are certain of a victory if we follow these four critical steps. We can victoriously finish the race, and hear, our Heavenly Father say to us, "Well done, good and faithful servant!" But, we must, first, "Get Rid of the Weight!!"

It's All Greek to Me! **("CONFESSION")**

"Because, if you confess with your mouth that Jesus is Lord, and believe in your heart that God raised Him from the dead, you will be saved."

(John 10:9)

There are many Christians who believe that the prayer of salvation is the same as saying a mystical formula, or magical incantation. They believe that merely quoting some words makes them saved. But, the verse in the gospel of John lays out truth, the heart belief, and intention of those words must be specific and. The Greek word used in this passage for **"confession"** is **"homologeos."** The prefix, **"homo"** means **"the same"** and **"logos"** is translated **"word."** Together, they mean **"to say the same word"** or **"to agree with."** **Confession**, then, is agreeing with God, concerning the truth and efficacy of His Holy Word. **Confession** is more than repeating a mantra, or repeating, the words of a pastor or minister. **Confession** is agreeing with, and saying the same thing that God says about sin and salvation. When we **confess**, we say what God says about the Lordship of Jesus, and we agree with God that He raised Jesus from the dead! **Confession** is saying with one's mouth, and from one's heart, that Jesus died for our sins, Jesus died in our place, and Jesus took the punishment that we deserved. **Confession** is not merely "parroting" or repeating words, it is saying specific words in agreement with God's truth, and those words, being rooted and grounded in our heart! **Confession** is necessary, and the only prescribed and effective way to salvation.



Unveiling the Health Wonders of Blueberries

by michael aarongordon

Dive into the Vibrant World of Blueberries

Blueberries, those tiny yet powerful spheres of goodness, aren't just a feast for the eyes; they're a powerhouse of nutrients and antioxidants that have given them the status of a superfood. These berries, whether tossed in a salad, blended in a smoothie, or eaten straight up from the palm, offer a myriad of health benefits that can contribute significantly to overall wellness. But here's an intriguing twist: not all blueberries are created equal. The battle of nutritional supremacy between standard and wild blueberries is one worth noting, as each brings its unique set of advantages to the table.

The Nutritional Powerhouse:

What Makes Blueberries So Special?

ANTIOXIDANTS GALORE

Blueberries are renowned for their exceptionally high antioxidant content, particularly anthocyanins, which give them their distinctive blue color. Antioxidants are crucial for combating oxidative stress and inflammation in the body, factors that are linked to a myriad of chronic diseases. By neutralizing free radicals, these antioxidants work tirelessly to protect your cells, offering a shield of defense against aging, heart disease, and certain types of cancer.

A HEART-HEALTHY SNACK

Regular consumption of blueberries has been linked to improved heart health. Studies have shown that these berries can help reduce risk factors for cardiovascular disease, including lowering LDL (bad) cholesterol levels, blood

pressure, and arterial stiffness. The magic doesn't stop there; blueberries also boast potassium and fiber, two components essential for heart health.

BRAIN BOOST

Feeling foggy? Blueberries might just be the brain food you need. Research suggests that the compounds in blueberries can have a positive effect on brain function, improving memory, cognitive performance, and neural signaling. They're like a gym session for your brain, enhancing neural connections and protecting against neurodegenerative diseases.

Standard vs. Wild Blueberries:

A Berry-licious Duel

While all blueberries are nutritious, wild blueberries pack a more potent punch. These berries are smaller, yet they boast a higher concentration of antioxidants and nutrients compared to their standard counterparts. This is partly due to the harsher growing conditions in the wild, which stress the plants and lead them to produce more protective compounds.

WILD WONDERS

Wild blueberries, often found in colder climates like Canada and the northeastern United States, are not cultivated but harvested from their natural habitat. This not only makes them a more eco-friendly option but also enhances their nutritional profile. They're richer in anthocyanins, have a more intense flavor, and their smaller size means

Hippocrates —
'Let food be thy medicine and medicine be thy food.'

intense flavor, and their smaller size means you get more berries (and therefore more nutrients) per cup.

THE STANDARD STORY

Standard, or cultivated, blueberries are the larger, plumper variety commonly found in grocery stores. They are grown in managed agricultural environments, which, while yielding a larger fruit, may result in a slightly lower concentration of some nutrients and antioxidants. However, they still remain a highly nutritious option, offering a versatile and accessible way to enjoy the health benefits of blueberries.

In Conclusion:

A BERRY GOOD CHOICE

Blueberries, whether standard or wild, are a fantastic addition to a healthy diet. Their rich nutritional profile, packed with antioxidants, vitamins, and fiber, offers a wide range of health benefits, from improving heart health to boosting brain function. By incorporating these little berries into your daily diet, you're not just treating your taste buds; you're investing in your long-term health. So, the next time you're at the grocery store or farmer's market, don't hesitate to pick up a pint (or two!) of these nutritional powerhouses.

I hope you find this exploration into the world of blueberries both informative and inspiring. Remember, making small changes to your diet, like adding more nutrient-dense foods such as blueberries, can have significant impacts on your health and wellbeing. Enjoy the journey towards a healthier, happier you, one berry at a time!

**AND AS ALWAYS:
IF GOD DIDN'T MAKE IT DON'T TAKE IT.**



G.O.D.
(GREENS ON DECK)
Healthy Habits



'Let food be thy medicine and medicine be thy food.'
Hippocrates —

INTEGRATING BLUEBERRIES INTO YOUR DIET

Incorporating blueberries into your diet is a delicious way to boost your nutrient intake. Whether fresh, frozen, or dried, these berries can be added to a plethora of dishes. Here are a few ideas to get you started:

- **Morning Boost:** Sprinkle a handful of blueberries on your cereal, yogurt, or oatmeal for a nutritious start to your day.
- **Smoothie Time:** Blend blueberries with other fruits, yogurt, or plant milk of choice for a refreshing and antioxidant-rich smoothie.
- **Healthy Snacking:** Keep dried blueberries on hand for a quick and healthy snack on the go.
- **Salad Delight:** Add blueberries to your leafy green salad. Enjoy their natural sweetness and nutritional value.
- **Dessert Upgrade:** Use blueberries to add natural sweetness and a nutritional boost to desserts like pies, crumbles, or sorbets.





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PRAY FOR ONE ANOTHER

PLAN OF SALVATION

Jesus loved you enough to die for YOU so that you could have eternal life. (John 3:16) If you believe on the Lord Jesus Christ, He will come into your life now. (Acts 16:33; Luke 13:3) Just do these four things to begin your new life in Christ.

1. Realize that God loves you and has a good plan for your life. (John 3:16; Romans 10:10)
2. Realize that Man is sinful and separated from God and, therefore, cannot know or experience God's love and plan. (Romans 3:23; Romans 6:23)
3. Realize that Jesus Christ is God's only provision for man's sin. Only through Him can you know and experience God's love and plan. (Romans 5:5; 1 Corinthians 15:3-6)
4. Realize that we must individually receive Jesus Christ as Savior and Lord. Then we can know and experience God's love and plan for our lives. (John 1:12; Ephesians 2:8-9; John 3:1-8)

If you are ready, I invite you to pray this prayer and God will come into your life right now: *Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Lord and Savior. Thank You for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person You want me to be.*



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