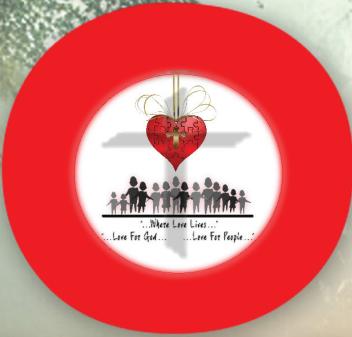


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OCTOBER 2024

HARNESSING
THE POWER OF
ADAPTOGENS

A DIVINE CALL
BEYOND
OCCUPATION

It's GREEK To Me
(ETERNAL LIFE)

DON'T LIVE
BENEATH YOUR
PRIVILEGE!

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....

bycherylvashiti

ADIVINE CALL BEYOND OCCUPATION:

‘REFLECTING GOD’S IMAGE IN ALL WE DO’

“Do not conform to the pattern of this world, but be transformed
by the renewing of your mind.” Romans 12:2

“If we live in the Spirit, let us also walk in the Spirit.” Galatians 5:25

These verses remind us that our true calling transcends any role, title, or occupation we might hold. God’s invitation goes beyond our work—it is a call to reflect His image and character in every part of our lives. We are called to embody His love, wisdom, and truth, bringing these qualities into every task, interaction, and relationship.

Everyone seeks purpose, often finding it in career, passions, or relationships. Yet, there is a deeper calling that surpasses any occupation, title, or role we may hold. Scripture reveals that our ultimate calling is to live as reflections of God’s image—to carry His likeness into every aspect of our lives, including our work. As Romans 8:28 reminds us, “all things work together for good for those who love God, who are called according to His purpose.”

Called Into Relationship and Reflection

Our highest call isn’t a career path or a single pursuit; it’s an invitation to become part of God’s very nature. From the beginning, God said, “Let us make man in our image, after our likeness.” This was not merely an act of creation; it was a divine call to reflect Him. This foundational calling transcends our chosen jobs, inviting us instead to embody God’s love, wisdom, and truth—becoming a “living image” of Him in all we do.

Purpose That Transcends Occupation

When we understand that our primary call is to embody God’s image, our work, no

matter the field, becomes a channel for His purpose. Being “called according to His purpose” means that while our careers and roles may vary, our mission remains constant: to reflect God’s love, kindness, and truth wherever we go. Our workplace, family life, and community are all settings where we can live out this calling. It’s not the job title that defines our purpose, but how we carry God’s image into that role.

Living Out His Image Daily

Jesus modeled this beautifully, living out God’s heart in every situation He encountered. He wasn’t restricted by title or occupation; His calling was lived out in His relationships, actions, and words. In the same way, we’re invited to bring our calling into our daily lives, moving beyond the requirements of our job description to infuse our actions with God’s compassion, humility, and love.

A Transformed Life as a Testimony

To be called, then, is to understand that our primary mission is to reflect God’s character in every situation. When we grasp this higher calling, our daily occupations become platforms where we live out God’s presence. Our transformed lives become a testimony to others, inviting them to experience the hope, peace, and purpose that flow from this divine relationship.

Reflective Prompt

As you consider your own life, ask

yourself: “How can I bring God’s image—His love, patience, and grace—into my daily actions and interactions?” Think about your unique role, whether at work, home, or within your community. Reflect on how your presence, shaped by this calling, can make a lasting impact. What would change if you approached every task, relationship, and opportunity as a reflection of God’s heart?

Take the Next Step in Your Calling

This week, take a moment each day to reflect on how you’re embodying God’s love in your current role—whether at work, with family, or in your community. Ask yourself, “How can I bring more of God’s character into my actions today?”

Consider a specific step you can take to live out this calling more fully. It could be a simple act of kindness, a word of encouragement, or a moment of patience. Remember, your calling goes beyond your title. It’s an invitation to reflect His image wherever you go. Let each moment be a reflection of Him.

A Prayer for Living Out Our Calling

Heavenly Father,

Thank You for calling me into a relationship with You, inviting me to reflect Your image and live out Your love in all that I do. Help me to remember that my purpose is greater than any role or title, that my true calling is to carry Your presence and likeness into every part of my life.

Guide me as I walk in Your Spirit. Transform my mind and renew my heart so that I can be a vessel of Your compassion, patience, and grace in every situation. May my actions, words, and choices reflect Your love, revealing who You are to those around me.

Lord, show me how to make an impact through the work I do, no matter how small or grand. Help me to see each interaction as an opportunity to represent Your heart. May my life be a testimony of Your goodness and an invitation for others to know You.

In Jesus' name, I pray, Amen.

This Is How I See It!

FINAL REFLECTION

In reflecting on Romans 12:2 and Galatians 5:25, we're reminded that our highest calling goes beyond what we do—it's about who we become in God. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Through this transformation, we resist the pressures of worldly values, embracing a mind and heart aligned with God's will and truth. This renewal equips us to see our lives as part of a larger, divine purpose.

Similarly, Galatians 5:25, "If we live in the Spirit, let us also walk in the Spirit," urges us to actively embody the Spirit's presence in all we do. Walking in the Spirit

presence in all we do. Walking in the Spirit means our lives are marked by kindness, humility, and compassion—traits that reflect God's heart. In doing so, we bring His love into every role and relationship, allowing His light to shine through us. Together, these scriptures call us to a life that's both transformed within and expressed outwardly, fulfilling our purpose as God's image-bearers, whatever our occupation may be.

♥

“YOUR TRUE
CALLING IS NOT
DEFINED
BY WHAT YOU DO,
BUT BY HOW
DEEPLY YOU
REFLECT GOD’S
LOVE, WISDOM,
AND GRACE
IN ALL YOU DO.”

.

♥



Don't Live Beneath Your Privilege!

by:michaelgordon

“If you confess with your mouth the Lord Jesus and believe in your heart that God raised Him from the dead, you shall be saved! For with the heart one believes unto righteousness, and with the mouth, confession is made unto salvation.” (Romans 10:9-10)

Bishop H.W. Goldsberry was one of the early pioneers of the faith movement. Growing up in the church during the 60s, I vividly recall many of his powerful sermons and wise sayings. One of his most memorable was, “Don’t live beneath your privilege!” While he was speaking to those who had not yet been saved, this message also applies to believers who are not experiencing the fullness of their salvation.

Many believers hear or read the word “saved” and immediately think of their experience of being “born again.” While this is true, it is a limited understanding of what salvation truly encompasses. The word “saved” in its original language has a far broader and more comprehensive meaning. Salvation begins with being born again, but it extends far beyond that—it is not merely about having your “ticket punched” for Heaven.

The Greek language of the New Testament offers more depth than English, and the word “saved” carries a wealth of meaning: saved, healed, delivered, set free, blessed, prospered, made righteous, and given eternal life. Whenever I encounter this word, I remind myself of all these rich, layered definitions. If you only think of salvation as being born again, you’re living beneath your privilege! As a born-again follower of Jesus Christ, you are entitled to all the blessings and benefits that come with your “salvation package.” Let’s explore what’s included, so you can live out the fullness of your born-again experience.

1. Saved:

We are saved when we place our complete trust in the finished work of Christ—His death, burial, and resurrection. Jesus died in our place, took the punishment we deserved, and through His sacrificial death, paid for our past, present, and future sins. We are saved by His grace, not by our works.

2. Healed:

Good health and healing are part of the inheritance of every believer. Healing can manifest in multiple ways: maintenance, medicine, and miracles. Maintaining good health through diet, exercise, and a stress-free lifestyle is key. Medical professionals also provide wisdom and treatments that God has allowed them to discover. Finally, miracles—supernatural healings through prayer and faith—are real. I have personally experienced miraculous healing through the laying on of hands and the promises found in God's Word. However, here's a word of wisdom: while miracles are wonderful, I believe God desires for us to care for our bodies by eating well, exercising, managing emotions, and eliminating stress.

3. Delivered:

The Bible declares that we have been delivered from the kingdom of darkness and transferred into the Kingdom of God. Sin no longer has dominion over us—we are free from its grip and the curses that accompany it.

4. Set Free:

We are no longer prisoners to our past! We are not defined by past sins, failures, or poor choices. Through Jesus Christ, we can move forward, living each day in victory. God doesn't dwell on our past failures; He sees us through the lens of Jesus' sacrifice. When God looks at you, He sees His Son!

5. Blessed:

We are not waiting to be blessed—we are already blessed! The Bible tells us that we have been blessed with every spiritual blessing in heavenly places. We are blessed in the city, blessed in the country, blessed

when we lie down, and blessed when we rise. Live each day expecting good things, knowing you are abundantly blessed!

6. Prospered:

Prosperity is not a bad word. In fact, the Bible speaks favorably of it. In 3 John 2, we read, "Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers." Prosperity is not just about money—it includes good health, emotional well-being, strong relationships, and success in every area of life.

7. Made Righteous:

One of the most powerful aspects of salvation is that we have been made righteous. Jesus took on our sins and gave us His righteousness in exchange. We are righteous not because of our works but because of the gift He gave us. This truth should shape how we live daily—understanding that we are made righteous through Christ!

8. Given Eternal Life:

Eternal life is not something we begin experiencing after death; it's a reality we live in now! Eternal life is not just about time but also about the quality of life given by God Himself. As believers, we have been given this eternal, abundant life, and it's meant to be experienced every day!

So, rejoice in your salvation, knowing that Heaven is your destination! But beyond that, get excited about living out the fullness of your salvation here on Earth. As Bishop H.W. Goldsberry said, "Don't live beneath your privilege!" You are saved, healed, delivered, set free, blessed, prospered, made righteous, and given eternal life—right now!

It's All Greek to Me!

(“ETERNAL LIFE”)

“*bodega*,” which refers to a “tour guide”

“These things I write to you that you may know you have eternal life.” (1 John 5:13)

In the New Testament, several Greek words convey the concept of life, each with its own meaning. One of those words is “Bios”, which refers to our physical or biological existence. This is where we get our English word “biology,” the study of life. However, eternal life—what we truly seek—goes beyond just living for a long time. It’s not simply about the length of life, but rather about the quality of life.

The Greek word “Zoe” describes this extraordinary quality of life, and it’s the life that only God can give—a divine, abundant, and transcendent life. What’s beautiful about this is that **eternal life** is not something we receive after we die, as many may assume. Instead, it begins the very moment we put our trust fully in the death, burial, and resurrection of Jesus Christ.

So, as a believer, you don’t have to wait for heaven to experience God’s **eternal life**. The gift of Zoe—the fullness of life—is given now, right here on earth! In this life, you can walk in the richness of God’s love, grace, and peace, knowing that you are already living in the eternal reality He has promised. Let us remember that **eternal life** isn’t just about living forever; it’s about living in union with God and experiencing the abundant life He desires for us, starting from the moment we believe.



PRAYER: DON'T LIVE BENEATH YOUR PRIVILEGE

Heavenly Father,

We come to You with grateful hearts, acknowledging the fullness of salvation that Jesus secured for us. We confess with our mouths and believe in our hearts that through His resurrection, we are saved—healed, delivered, set free, blessed, prospered, made righteous, and given eternal life. Help us to live in the richness of this promise, embracing the complete freedom and blessing You intend for us here on Earth.

When we’re tempted to live small, remind us that we are Your children, called to experience life abundantly. Guide us to stand in the authority of being delivered from our past and the struggles that try to hold us back. Let us live boldly, knowing that we are righteous through Christ, no longer defined by former mistakes but by Your love and grace.

Lord, may we walk daily in the privilege of our salvation, showing the world what it means to live fully in Your promises. Let our lives reflect the joy, peace, and blessing of being heirs to Your kingdom, standing as a testimony of Your goodness.

In Jesus’ powerful name, we pray, Amen.





Harnessing the Power of Adaptogens: NATURE'S STRESS-BUSTING SECRET

ASHWAGANDHA

by michaelaarongordon

Let's face it: life these days can feel like a never-ending juggling act. Deadlines, meetings, errands—stress has pretty much become a full-time companion. While a little stress can sometimes help us get things done, too much of it can seriously mess with both our minds and bodies. Enter adaptogens, nature's way of saying, "I got you." These magical herbs and mushrooms are like personal trainers for your body, helping you handle stress like a pro.

What Exactly Are Adaptogens?

In simple terms, adaptogens are stress-fighting plants. They're non-toxic and work with your body's systems to keep everything in balance. Whether you're dealing with physical, emotional, or environmental stress, adaptogens step in to help your body stay cool, calm, and collected. Think of them as the chill friend who's always there to help you take a deep breath when things get crazy.

Why You'll Want Adaptogens in Your Corner:

- **Stress Reduction:** Adaptogens have your back when it comes to stress. They help control cortisol (the hormone that loves to wreak havoc when you're stressed),

making it easier to stay calm and keep your cool.

- **Energy Boost:** Feeling like you're running on fumes? Many adaptogens give you a natural energy boost without the jitters. Say goodbye to that mid-afternoon slump!

- **Immune Support:** Adaptogens aren't just stress fighters—they're also immune boosters. They help your body fend off illnesses and recover faster when you're under the weather.

- **Mental Clarity:** Ever feel like your brain's in a fog? Adaptogens can sharpen your focus, boost memory, and help you think more clearly.

- **Mood Lifter:** Some adaptogens are like nature's antidepressants, offering a gentle lift to your mood and easing anxiety and depression.

The All-Star Adaptogens You Should Know:

- **Ashwagandha:** This is your go-to herb for unwinding. It reduces stress, calms anxiety, and even helps you get better sleep. Bonus: it supports your immune system, too!

- **Rhodiola Rosea:** Need some mental and physical stamina? Rhodiola is like a personal coach, keeping your mood and energy high, while also fighting fatigue.

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

- **Holy Basil (Tulsi):** A sacred plant in Ayurvedic tradition, Holy Basil is all about balance. It's great for stress relief and keeps your mind sharp and focused.

- **Reishi Mushroom:** Known as the "mushroom of immortality" in Chinese medicine, Reishi helps boost your immune system, reduce stress, and may even help you live longer.

- **Maca Root:** From the mountains of Peru, this powerhouse root boosts energy and balances hormones, giving you that extra pep in your step.

How to Add Adaptogens to Your Daily Routine:

The best part? Adaptogens come in all kinds of convenient forms—capsules, powders, teas, and tinctures. You can even find them in adaptogenic coffees or herbal drink blends. The key is to choose high-quality, sustainably sourced products. And, as always, chat with your healthcare provider before diving into a new supplement routine.

Embrace Nature's Stress-Busters

Adaptogens are a natural, holistic way to help you handle stress and feel your best. By adding these potent plants to your wellness toolkit, you can build resilience and find balance, no matter what life throws your way. Nature has always had our back when it comes to health, and adaptogens are just another example of how we can tap into that wisdom to live a healthier, happier life.

So, why not give adaptogens a try? Your mind, body, and stress levels will thank you! 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 —

CRISPY ROASTED FROZEN BROCCOLI

Ingredients:

Frozen broccoli florets (no need to thaw)

2-3 tablespoons olive oil

Salt and pepper (to taste)

Optional: garlic powder, onion powder, paprika, or your favorite herbs/spices

Optional: grated Parmesan cheese or lemon juice for serving

Instructions:

Preheat the oven to 425°F (220°C).

Prepare the baking sheet: Line a baking sheet with parchment paper or lightly grease it with olive oil to prevent sticking.

Season the broccoli: In a bowl, toss the frozen broccoli florets with olive oil, salt, pepper, and any additional seasonings you prefer. Ensure the florets are evenly coated.

Spread the broccoli on the baking sheet: Arrange the broccoli in a single layer on the sheet. Avoid crowding the pan so they roast rather than steam.

Roast in the oven: Bake the broccoli for about 20-25 minutes, flipping halfway through to ensure even browning. Keep an eye on them during the last few minutes to prevent burning.

Optional finishing touches: Once roasted, you can sprinkle the broccoli with grated Parmesan cheese or a squeeze of fresh lemon juice for extra flavor. Serve and enjoy!

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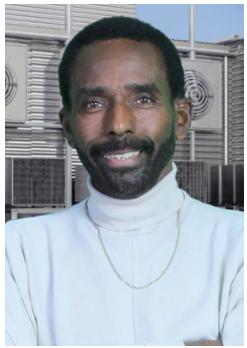
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♥ PRAYER REQUEST ♥

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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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