

ALYNZ CHRISTIAN

January 2023

Magazine



EXEMPLARY!

DEXTER JOHNSON JR.

**FULFILLING PURPOSE,
RAISING THE BAR
IN YOUTH LEADERSHIP.**



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LETTER FROM THE EDITOR

The year 2022 is over, and I believe it was a year of many ups and downs, some great times and other times we wish would have not come, but nevertheless, I know that we are eternally grateful for this time that we are still living, and by living, we know that we have a lot to give God thanks for.

As we praise and thank God for allowing us to see the start of another 365 days, we also thank him for bringing us this far.

May the year 2023 be a positive one of giving and embracing that which we have received and just showing pure love to one another. May we love and appreciate each other more, and may we find our purposes and fulfill them.



THANK YOU!

To:

Jahnoi, Kishlie Francis, Shantoya Edwards,

Demar Dennis, Rosalind Mullings, Conliffe Simpson, Sanya Daley, Tara Edwards, and Esther Sinclair.

The past months could not have been possible without you. Thank you for coming on this journey with us
and sharing in the wonderful mission in helping others see the true light.

To

the readers, contributors, those who purchased and to those who showed up to tell their story so that we can continue
on our path of changing this world, we thank you.

A'LYNZ Christian Magazine will continue to show love to all those who are praying and wishing us nothing but
the best in our endeavours. We love you all.

Thank you!

**ARTISTE HOT PICKS
TO LOOK OUT FOR**

Perry in Christ

Prince Sai

Levy's Herritage

Chozenn

Sone' G

Kevin
Downswell

DJ Nicholas

Rian Davis

2023



Contributed Photo

DEXTER JOHNSON JR.

Fulfilling purpose, raising the bar in youth leadership

A life of service is what God requires from us, but one who does this from an early age fulfills the plans of God and, according to John, is sensible and has overcome the wicked one.

Dexter Johnson Jr. spent his entire life serving in church and doing God's work, so the roles he now plays as a young Christian come as no surprise. In addition, he never hesitates to take advice and guidance from his parents as he navigates through his journey in Christendom; he also never seizes to give credit to them for the role they played in his upbringing and for the continuous love, support, and encouragement they continue to show, making him the man he is today. He classifies his father as the encourager, his mother as the anointer, even in his sleep at night, and his sister as the supporter, always there to give that sisterly love in everything he does. Dexter grew up in the Portmore community, where "ghetto life" is nothing strange to him because he has been around it long enough. Although Johnson is often labeled as a pastor's child, it is evident that his now-found fame was not just a result of who his parents are but a clear indication of nothing but hard work, obedience to God, obedience to his parents, self-discipline, and dedication to kingdom building. Dexter describes himself as a God-fearing and humble man of God who somehow breaks down his own personal barriers to do all that is required to accomplish the work of God. He is an active member of the St. John's Road Church of God, where he speaks proudly of his role in the church as youth president, head of the music department, and head of the young men of Church of God department, among other duties. Dexter's father, Dexter Johnson Senior, is the pastor of the aforementioned church, the 1st Vice Chairman of the Church of God in Jamaica, and the National Director of Jamaica Youth for Christ; thus, with such male leadership setting an example for his children, particularly his son, we cannot deny that this is the kind of patriarchal model that our

society requires. His mother, first lady Joan Johnson, who is now in the process of completing her pastoral studies, likewise is setting herself apart by being that supporting factor, thus showing her children what the finishing touch of togetherness should look like in the family settings.

Dexter's relationship with God as a young man is simply admirable, and the way that God executes His plans in his life and what Dexter does with them is why his accomplishments are pleasing to many, including some of Jamaica's promising gospel artists. Dexter's first hint of hitting the big stage began when he started using his skills to choreograph mimes for the Gifted Youth Ministry, but little did he know that this may have been God testing his capabilities. He then joined Soul Touch Ministries, founded by himself and his friend Lenworth Brown, after which they formed a band and saw God opening doors for them. They began meeting new people and expanding their network circle, and Dexter began to notice people entrusting their talent in his hand.

Dexter recalls the first time Kereen Gregory approached him to manage her as a gospel artist; this was much to his surprise because he didn't think he was equipped enough to take on such a role, but according to the Bible, the purpose that God has for our lives far exceeds anything that we could ever ask or imagine, according to the power that is at work within us, and so he took the leap. Shortly after, Dexter was approached by other artists, including Jahnoi Davis, Johnmark Wiggan, and Trevelle Clarke-Whyne, some of whom he is currently managing. Despite his feelings that the role was bigger than him, he embraced it wholeheartedly.

He's now managing artists such as Orville Sutherland, Rian Davis, Gifted Youth Ministry, and Trevelle Clarke-Whyne under the Imperium Gospel Group Label. Dexter also wears many other hats; he is an audio engineer, a drummer, CEO for Crosslinks Productions, the newly re-opened production studio that over the years



Contributed Photo

Dexter Johnson Jr

hosted artists such as Prodigal Son, Kevin Downswell, and many other big acts. The studio is located at a Crossroads in Kingston, Jamaica. Dexter's concern and passion for greatness in kingdom building are admirable.

"The purpose of Cross Link Productions is to provide a facility to maintain the quality of Christendom," said Dexter as he expressed the passion he has for what he does. "I know that people can give more, and we are trying to provide that space for them to own their talent and get the necessary help to improve on it and sound better and more professional." "My aim is also to improve the level at which the music is presented to the public." "I want people to get into the habit of delivering quality work, as hard work is necessary and people should understand what they are doing so that they

can get the best quality for their work," he added. Seeing his work ethics and his profound interest in delivering quality, as well as the determination and willingness of the team at the Jamaica Youth for Christ, Mr. Gerald Gallimore Jr. did not hesitate to lend his assistance by investing and seeking further help for them. Crosslinks Production, which was originally Dexter's personal brand, reopened in August 2022. They delivered a splendid three-day event, allowing people to experience God on different levels, which I myself have never seen done before in such a manner. Even though the COVID-19 lockdown experience was not a pleasant one, Dexter was happy that they got the opportunity to plan and execute the reopening process in that moment. Along with his long list of involvements, Dexter also made appearances at different events, such as Emani-fest, Genesis, and TVJ's Higher Praise, to name a few.

The importance of hard work and delivering quality products has definitely paid off for Dexter and his team, as well as the group and stakeholders at the Jamaica Youth for Christ. They were happy to bring home top awards at the Sterling Gospel Awards held in October 2022. It was evident that he and his team, who worked tirelessly throughout the pandemic, were elated to have topped their category. They collected the awards for Virtual Series of the Year and Virtual Event of the Year for Gospel Deets and Genesis, respectively. Genesis is considered one of the largest concerts in the Caribbean and the first of its kind, while Gospel Deets is one of the newest programs to be aired on the social media giant, YouTube. The program is produced by Dexter and friends Shanon Dale Reid and Shamar Grant at the Jamaica Youth for Christ location in Kingston. “I am happy to see that hard work has paid off, and it gives me great pleasure to see that I can put a smile on people’s faces, and to be honored by the Sterling Gospel Awards was such a joy.” Dexter was also nominated for media personality of the year.

Dexter told Alynz Christian Magazine that setting long-term and short-term goals, taking things one step at a time, watching God’s timing, praying for strength each day, actually doing the work, and acknowledging that you won’t get things right all at once are the ingredients to winning. He encourages us to figure out what our passions are early in life and to pursue those passions.

“There are certain foundations and principles that must be set if we are to come out on top. We ought to understand the necessity of education, take advantage of the ways you can be trained and educated in your area to develop the skills you already have, and understand that the gospel industry is not about money. Each individual has to know how far they want to reach, and that is determined by the amount of work that they are willing to put in,” he says. “Looking back, I remember taking gigs for little to nothing with humility, knowing that God would provide for me, and seeing them pay off in the long run is a joy for me. Christ is the foundation and the solid rock; He is the one that is going to send our destiny helper, and yes, everyone has at least one person; consider using that person to help you along the way; respect the advice from others; do some reading; go to church at least once per week; volunteer in areas of the church that need your help; be willing to say yes; and allow God to groom you”. These were his final words of encouragement to fellow artists, friends, and the society at large.

KINGDOM AUTHOR - *Book of the Month*

26+ Reasons to Smile Again

Author: Keleen RM Brown



Contributed photo

26+ Reasons to Smile Again was written by Keleen RM Brown to help people like myself and all readers understand that even through life's never-ending cycle, we can smile again. The book chronicles her healing journey after a very difficult and traumatic experience in her life.

The name "26+ Reasons to Smile Again" came to her as she documented a few of the scriptures that were ministered to her by the Holy Spirit to count her blessings; the revelation acted as a coping mechanism for her. In addition, the name would have also coincided with her age at the time of the release.

Mrs. Brown is an author, speaker, mentor, and life coach. She is breaking barriers, empowering people to soar above their circumstances, and she is the epitome of what the enemy intended for evil, which God transformed into good.

26+ Reasons to Smile Again, is available on Amazon Kindle, locally at all Bryan's Bookstores islandwide, Econo Office & School Supplies, Office Supplies Brokers in Kingston, and at the Royal Pharmacy in Westmoreland.

Five reasons to purchase 26+ Reasons to Smile Again

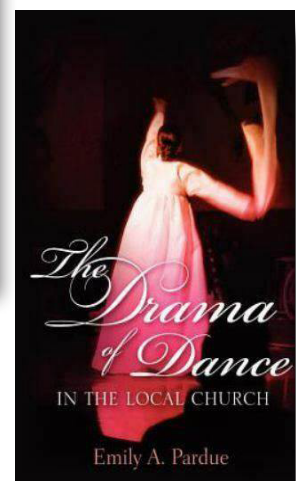
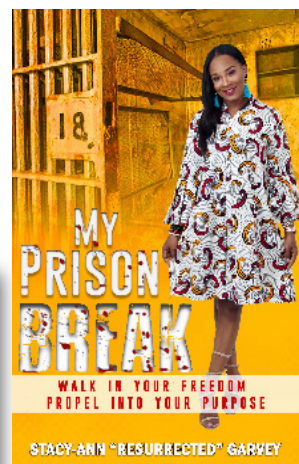
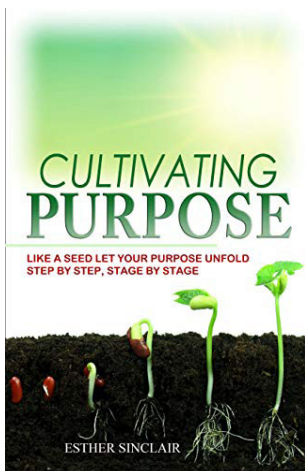
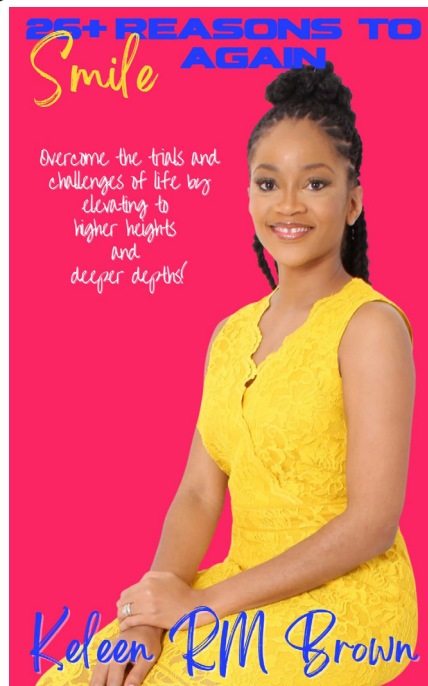
1. You'll get a gentle reminder that whatever you are going through, "this too shall pass."
2. Acknowledge about your place/position in God
3. A closer relationship with God and improved relationships with those around you.
4. Life's wins and losses are tied together, and with that awareness comes an appreciation for helping to handle those situations when they arise.
5. Change of perspective and mindset, with every challenge it's an opportunity for elevation.



KINGDOM AUTHORS

Find Books to read from our Kingdom Authors

Featured Book



Caribbean Connections

WILBURNE MUSIC, St. Lucia

A decent letter of introduction is elegant. You need to use all the tools you have available to you since life is a huge canvas. Wilburne Mathurin, who goes by the stage name “Wilburne Music,” does not hesitate to use these tools to his advantage in the service of God. He describes himself as an introvert and views music as the charm and joy in his life since it has always fascinated him deeply. Wilburne was raised in Castries, St. Lucia, and has spent the majority of his life living in Sunbilt. From a Christian standpoint, responding to God’s call



Contributed photo

and believing in the Lord begins with spirituality and music. He grew spiritually singing in church, and for that reason, in order to obtain spiritual strength, he chose to pursue a career in gospel music and spread the gospel.

When combined with a profound conviction, music has a way of expressing intellect, passion, and sentiments that words are unable to adequately convey.

Wilburne has had an overwhelming desire to sing since he was a youngster, and he believes that music has always been a part of his life. He began singing at the age of six, and his singing career began when he was only seven years old, when he sang his maiden performance. God created us with very hidden abilities and immense powers to generate music, which is very important to get the blessings of God.

RnB is Wilburne’s preferred musical style, and because he listened to a range of bands growing up, he learnt a variety of phrases and information from them. But he doesn’t restrict himself to just one genre; he has songs in a variety of gospel genres, such as reggae, dancehall, and pop. He also has a worship and praise song. Thus, he received a nomination for a song of praise. He was nominated at the Caribbean Gospel Music Marlin Awards, “I was astonished to hear my name, for me, that was such an amazing moment,” he said. Wilburne also writes all of his own songs. His very first performance as a solo artist was the well-known song “Wannah Know.” Recently, St. Lucia commemorated 40 years of freedom. He was one of the people selected to perform the theme song.



Contributed photo

He gained notoriety worldwide when he appeared on NBC 6, where he did an interview. He has collaborated with many local gospel performers, such as Schreffler, Pedro, and Orion. He is presently, however, making an effort to collaborate with some musicians from Countries other than St. Lucia, since the majority of collaboration has taken place there.

Wilburne had a listening party and album launch for the album *Spiritual Awakening* in 2018; the location was Tapas on the Bay in the island's north. He performed jazz at the same location in 2017. He also performed in front of Prince Charles III. Prince Charles III is the King of the United Kingdom, he accede to the British throne after the passing of his mother, Elizabeth II in September 2022.

Nowadays, music is utilized much more and for activities other than worship, which has allowed Christian music to develop into a variety of praise styles with a larger audience. He claims that while we may inspire people to follow Christ, each individual must ultimately decide whether or not to do so. In an interview, he stated that in order to provide a good example for others, he must act in a manner that encourages people to follow Christ. As a Christian artist, he wished to provide an example for younger people as well as for people of older age. After all, no one is flawless. He committed himself to working nonstop to address issues that people encounter in his songs. He constantly tries to make the music really appealing for his fans and attempts to create very realistic scenarios in all of his music videos in order for people to relate to the songs.

Sterling Gospel Awards

The Review

In conjunction with the Jamaica 60th celebrations in 2022, the Sterling Gospel Awards in their 6th season celebrated “A Diamond Celebration of Gospel Music in Jamaica” on the 8th of October, 2022. The event was held at the Ambassadors, 63 Hagley Park Road, in Kingston, Jamaica. Sterling is the only established award show in Jamaica that recognizes the work of Jamaica’s finest gospel artists, and this year’s staging was consistent with the organization’s ambitions to consistently improve the quality of the event.

The two-day celebration began with a Nominee Lyme that was held on Friday, the 7th of October, where artists, media professionals, and producers came together to celebrate their arduous work and dedication to the Jamaican Gospel Music Industry. On Saturday, the celebrations began with the celebrants walking the red carpet and taking photos in their “Sunday Best.” Then, the event officially began with engaging performances and the award ceremony

The standout performance for me was from Rian Davis, who did justice to Papa San’s “You alone fi get the glory God” before going into some of his own material that we have grown to love, “Mad ova mi” and “Sin na wear again.” The atmosphere was that of a Gospel Fete as the patrons danced up a storm while others sang the songs word for word as if they were the authors of the music. Other performers on the night were The Levy’s Heritage [who did a number in honor of gospel veteran Sam Wisdom and the Love singers], Rhoda Isabella, Nickette Morgan-Williams, Joan Flemmings, Lubert Levy, Petra-Kaye, Orville “Cool Shade” Sutherland [last year’s male artist of the year], and Sax Girl Barb.

The award section, which is undoubtedly the main part of the celebrations, was filled with glorious surprises as some of the sections that would have been predictable were not this year.



Winning Moments



We saw gospel sensation Prince-Saj take home the award for Breakout Sensation of the Year. Saj, in his response to winning the award, was careful not to make the glory of a trophy the main theme of his ministry but was quick to point out that his mandate is still to win souls for the kingdom of God. Mykal Malachi won the category EP of the year with his compilation “Rise to Greatness,” Levy’s Heritage were again crowned “Group of the Year,” and DJ Nicholas’ “Abnormal Decibels” walked away with the title of “Album of the Year.”

The surprise of the year, however, came in the category “Male Artiste of the Year.” While on the female side it was always going to be competitive between Rhoda Isabella, the eventual winner Petra-Kaye, and the other females in the category, it was not expected to be the same on the male side, or so we thought. Last year’s winner was no doubt a surprise, but this year was even more astonishing with Duane “Chozenn” Bisente being crowned the winner of this year’s chapter, and not only that. He also walked away with the awards for local hit of the year and teamed up with Rohan Rankin of Journey Music to land the title Local Hit Producer of the year.

Other notable winners include:

- Virtual Event of the year – Genesis Praise Fest
- Virtual series of the year – Gospel Deets
- Lifetime Award for Excellence- Nigel Wilkinson
- Online Radio Personality of the year – Journey with CorrieB-Kingdom Sound Radio
- Collab of the year – Sherwin Gardner ft. Dj Nicholas
- Most rated radio programme of the year – The gospel light, Ava-Gaye Blair Black, Gospel JA FM
- Video of the Year - Nothing but the blood - Orville Sutherland
- Gospel personality of the year - Ava Gaye Blair-Black
- Local Hit of the year – Chozenn, Jesus Rock
- International Artiste of the year – Maverick City
- Caribbean Artiste of the year – Samuel Medas
- DJ of the year - DJ Rebirth
- Ep of the year - Rise to Greatness - Mykal Malachi

KINGDOM TREASURES

YOUNG PEOPLE BUILDING THE KINGDOM OF GOD

YOUNG MAN I CALL UPON YOU BECAUSE YOU ARE STRONG.

1 JOHN 2:14

These encouraging phrases are intended for all young men who have put their faith in God. God says this because he knows the people intimately, much like an inventor understands every detail of an innovation. God recognizes those who are religious and adhere to God's teachings. God knows that those who worship and pray to God wisely have enough confidence and self-belief that no one can demolish them.

The recognition of such biblical chapters may provide a potential method for emphasizing the evolution of believers (Willett, 2010). Those are the real young, powerful, and strong men. "If a man gives God his exclusive trust, dedication, and devotion, he can accomplish tremendous things." One who feels the pressure of life's burden can lessen the tension by increasing his belief in God, as God never leaves anyone in any situation. But we are too immature to understand that God is always with us, which is why God says that you are strong if you believe in Him by paying attention to His message through Jesus Christ, as all the standards of life are covered in the life of Jesus. Even though God absolutely adored humankind, He devoted his one and only Son, promising everlasting bliss to all who have faith in Him (1 John 2:14).

The fathers that I have addressed to you while you have known the one who is from the beginning of creation are depicted in the King James Bible. You young men have overcome the demon because you are strong. God's word needs to abide, and I have written to you because of that. As we are God's creation, He does not desire someone to be in trouble.

Our flaws are what keep us secretly off the path. Those seeking eternal life believe in a deity and will not perish if he chooses to believe, and we should not love this world because it is not eternal, but rather focus on our eternal life in paradise because God loves the man more than we love our mother (John 3:16). As the Lord has stated, He has greater plans for your righteousness and well-being than for your future harm, so always hope for the best and be loyal to Him, remembering that He never fails to notice and always has His eyes on you. So, in order to receive God's blessing and strength, maintain your life free of materialism and be pleased with what you have, because He has promised, "I will never leave you nor forsake you" (Hebrews 13:5). The hidden meaning of this verse is that we should not be influenced by worldly traditions but by the spiritual wisdom and the teachings of Christ.



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Da Journey



Contributed photo

International Connections

Da Journey's life has been quite a journey since birth. His given name is Orville Clayton Williams, and today he's singing praise songs after what could have been a disastrous birth, but, as the Lord would have it, purpose had to be fulfilled, and so it was. Today, Da Journey is a witness to the world and a prime example of what the power of God can do when you call upon him. Da Journey sees himself as a humble and simple man of God, one who does not compare himself to anyone or think he is better than anyone, but just a humble guy trying to find the truth in Christ. His musical journey started at age 10 after he realized he had a talent for singing. He got involved in playing in his primary school band and going to the JCDC festival; this played a vital role in the grooming of his musical career.

Da Journey was born and raised in Spalding, Clarendon, Jamaica. He is passionate about the word of God and sees himself as a simple individual who is just trying to find truth in the word. Da Journey didn't see his talent as everyone else did; at first, he thought his lyrics were just for fun, but he was later encouraged by his colleagues and people around him to do music professionally.

Da Journey has a special love for music. After moving to Canada in 2009, he met some other talented and well-rounded artists in the gospel industry: Dj Nicholas, Shepard, and Prodigal Son, who introduced him to Dj Shane. From there, his connections in gospel grew wider, and that gave him the green light to explore a whole other side of music: production. That network created a vehicle for him to start a career in production. His music is based solely on real-life experiences; he speaks of God's love when making musical choices; thus, he does not associate himself with a specific genre of music but with "music that feels good and also extends the grace and love of God."

One of Da Journey's biggest motivations for continuing music and doing the work of God is lending a helping hand to people working for a great cause, even if it means performing for free. He is also driven by the reality that being the head of his household and setting an example first for his family is a top priority, and he would be a better witness to those in the world. As he speaks, he reflects on his musical journey and how his family relationship had been negatively affected while he was ministering before he understood the right process in which to take care of God's business and his family. He believes that when we exercise and practice ministering to our family before ministering to the world, that in itself is the best way that we can achieve greatness.



Contributed photo

Contributed photo



This talented and blessed artist, writer, and producer have a lot to give God thanks for. He gracefully extends much gratitude and respect to his musical counterparts for the role they played in his musical career. He hails DJ Nicholas and Jason Mighty for recognizing his production skills and pushing him further. "Jason Mighty is the first to record at my studio," he says. Da Journey is the producer of DJ Nicholas' award-winning album, *Abnormal Decibels*. The album was nominated for and won the top prize at the Sterling Gospel Awards in October 2022. He is also the producer of Jason Mighty's new album, *Overflow*, which was released this year. He is currently working on a number of projects, including one with his newly signed artist, Prince Saj. Prince Saj is the newest reggae gospel sensation who used his passion and the truth of the gospel to enter and win a secular-dominated talent show in Kingston, Jamaica. Da Journey is also working on a number of personal projects for himself that will be released soon.

While he has not started touring, he has been doing tremendous work in Canada, where he resides. He performed at many churches in Canada and is currently working on some projects with Ambassadors, DJ Nicholas, Jason Mighty, and Prince Saj.

Da Journey's encouragement for all is nothing short of pure passion for the betterment of people, as he wants to see everyone do better and move towards the throne and into their higher calling. "The unity among us as Christians, whether good or bad, is going to show out there to the public and to people who are expecting unity and example from us." He acknowledges that as Christians we must maintain a good character and remember that we are one family and that we are doing this for one cause. I'm not saying I'm perfect or better than anyone else, but it will make a big difference once we realize there is no VIP seat in heaven. He went on to say that he doesn't think there is an area in which we present the music that is not necessary, so everyone should play their part. He hopes that the rest of society will change their perspective on life. When you find God, you find yourself. You pray and ask God to show you your purpose in life, and once you find your purpose, you are unstoppable.

You can find Da Journey's music on all streaming platforms. Spotify and YouTube at "Da Journey" or "Da Journey Productions" on Instagram, and "Da Journey Productions and Life with the Williams."

Da Journey

ARTISTE SPOTLIGHT

Up-close with Da Journey

1. What do you do for fun?

I like to have a good time with my family; they bring me joy. I like to see my family happy.

2. What is your favourite Bible verse, and why?

Greater is He that is inside me, than he that is in the world. That was the Bible verse that helped me find myself. Now I approach everything from the perspective, that greater is He that is inside me than he that is in the world.

3. Who or what is your biggest motivation?

I get motivated by a lot of things; I like to see people doing stuff. I like to see things happen because I like to help. For example, I would perform at any event for free as long as you make it happen.

4. What is your favourite food?

Jerk chicken, jerk pork, shrimp, all a them thing deh. But my favourite is curry shrimp, anything for curry shrimp.



Contributed photo

When you're not doing music, what are you doing?

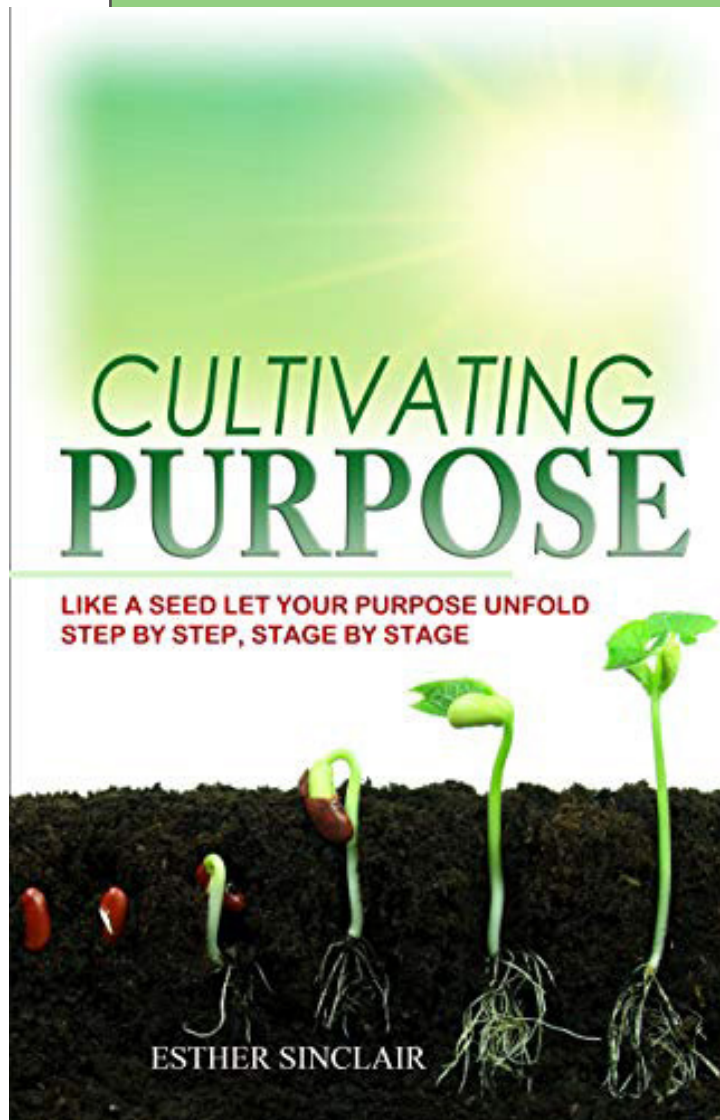
When I'm not doing music, I'm doing music, when I'm not doing my music. I'm working on everybody else's music. I run a maintenance company in Canada called Proclean Limited. We do barbecue installations, clean barbecues and power washing.

From all of your songs, which one would you say is your favourite?

Pressing on.

What is your favourite genre of music?

I like the genre that I do gospel reggae, t's my favourite.



CULTIVATING PURPOSE

with Esther Sinclair

To be Time Conscious is to be Purpose Conscious

According to statistics, in the last quarter of 2019, the average person spent about 181 minutes per day on their smartphone. This increased to 226 minutes during the first quarter of 2020.

As we prepare to close out one year and transition to another, let us consciously take stock of how we have been stewarding the number one resource we have been allotted: our time. In the third chapter of

the award-winning book “Cultivating Purpose,” we are encouraged to “Cultivate under the Right Conditions.’ The theme of this chapter is that if you want to achieve anything in this life, it will be as a result of aggressive action and intention.

We cannot achieve our purpose without being intentional about managing our time. There is a price to pay for greatness, and that price is responsibility. Once we consider our life as an investment, we will weigh the opportunity cost of what we could be maximizing if we were more efficient with our time.

Here are some thoughts about time that we should consider as we look forward to being more effective in the coming year.

1. Time is the only fair resource that is equally distributed to all. We have no excuse, as we all get the same credit for the 24 hours in the day, although we don't have the same money in our bank accounts. The question that we have to answer is how we are stewarding our time to achieve our purpose. Are we investing our time or wasting it?

2. Don't waste another minute because Time is Currency. Invest YOUR TIME in developing your purpose! If you want to have more, you have to become more. We become what we exchange our time for. Who you are and who you will become is a result of how you use your time.

3. Until you value yourself, you will not value your time. Learn to consistently Revalue your Time at every stage of your life. People who invest their time in building and equipping themselves, treating their time as a valuable asset, are usually the experts.

Start approaching your time in this way.

Going forward, see it as 2 / 2

- 1) An Asset.
- 2) A skill.
- 3) Worth Money.

3 Tips to Being a Good Steward of Your TIME

- Use it to develop good habits, 10,000-hour rule,
- Prime your brain by setting smart goals.
- Use the period of time allotted to gain experience and develop skills over time.

Esther Sinclair is the author of Cultivating Purpose and Trilogy: Truth 101. Let the Animals Teach you to Survive, Soar and Succeed



Esther Sinclair

The Bible is the most important and fundamental source of information for millions of people all over the world, since it provides guidance and advice on how to live a happy and healthy life. We frequently take our health for granted until it begins to deteriorate, at which point we begin to question our daily habits and diet. The human being is God's most robust creation and can be employed as an instrument. The Bible's following verses can help people maintain their health while serving God's kingdom.

Proverbs 17:22

"A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Care for your body to share the gospel.

The gospel is that "you are saved by grace alone through faith in Christ alone, not by works; salvation is a gift from God" (Ephesians 2:8). If you are sick, how can you share the Gospel of Christ with sinners or unhealthy people?

1 Corinthians 6:19–20

"You were bought at a price." Therefore, honor God with your bodies.

So, take care of yourselves to serve the kingdom of God. We shouldn't be shocked that adhering to God's rules and norms would improve our wellness, considering God loves everyone just as much as we all love our souls and don't want to disconnect our souls from our bodies. When we follow His instructions, we behave in accordance with them. So why not fill your hearts with love for God, who promises to prolong your life and give you prosperity if you pray to Him and follow His teachings? God's blessing is solely in the word of Christ, which will make our bodies healthy and nourish the bones; however, it is not required

YOUR HEALTH

In the Service of the kingdom of God

that people who follow his message are always free from illness, nor does it mean that those who do not follow God are always in trouble.

1 Corinthians 10:31

“So, whether you eat or drink or whatever you do, do it all for the glory of God.”

According to Jesus Christ, the only way to cure all human illness and receive the blessings of good food and clean water is to serve the Lord, your God. This verse highlights an occurrence that occurred when the ancient Egyptians faced an illness that had plagued civilization for decades. Evidence of smallpox, arteriosclerosis, cancer, arthritis, gallstones, bladder stones, TB, and many other ailments have been found during autopsies on Egyptian mummies. Because they were ignorant of the health advice God gave Moses, they suffered from a number of ailments. Because the Lord is a God with the ability to heal and cause disease, paying attention to his message is the only key that can rescue you from problems.

3 John 1:2

“I pray that you may enjoy good health and that all

may go well with you, even as your soul is getting along well.”

God always wants us to be well; it is our own sins that make us sick. God is definitely more concerned with our spirituality and personal faith than with our physical health. God has the power to cause even the most upright people to perish; one such instance is Adam’s mistake, which led to the punishment of disease. Job was righteous after all, yet God permitted him to experience sickness and adversity. However, while science has achieved tremendous advances in human physiology, we remain under the protection of God the Creator, the Supreme Physician, who knows everything about us and has given us the keys to good health. We have the opportunity to obey the Lord and reap the rewards.

We are responsible for caring for our bodies’ health and sharing God’s words first, then for our loved ones such as friends and family. Health is a wealth of God, and we should take the benefits of this gift of God to serve the kingdom of God. We are healthy and healed through Jesus Christ.

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