

## Inspired Word Church

### Be-In-Health Ministry Boot Camp Challenge

**“BELOVED, I WISH ABOVE ALL THINGS THAT THOU MAYEST PROSPER AND BE IN HEALTH EVEN AS THY SOUL PROSPERETH” (3 JOHN: 2).**

#### I. Soul prospering: (Spiritual Power Building)

##### 1. Bible Intake:

- Reading & hearing: (Revelation 1:3).
- Daily read at least 1 or more chapters of God’s word.
- If possible, listen to the same chapter or chapters you read 30 minutes daily (Electronic Bible Media).

##### 2. Meditate:

- Focus on certain passages. (Joshua 1:8; Psalms 1:1-3).
- Slowly think on each word in the passage.
- Look up words that you don’t understand in bible lexicon or concordance.

##### 3. Memorize:

- Step 1: take one or two of the passages you focused on and read 7 times. envision the passage or passages until you can memorize it. (Psalms 119:11).
- Step 2: repeat step 1 until you can memorize the passage. (It is better to memorize 1 passage then to fumble and twist 5 passages).

**“IF YE ABIDE IN ME, AND MY WORDS ABIDE IN YOU, YE SHALL ASK WHAT YE WILL, AND IT SHALL BE DONE UNTO YOU” (JOHN 15:7).**

##### 4. Prayer:

- Pray the scripture: (1 John 5:15). Praying the unadulterated will of God. Let God’s word build your prayer life. Example - Psalms 23:1 states, **“the Lord is my shepherd; I shall not want.”** One might incorporate in their prayer; “Lord I thank you for being a member of your flock, and I am so glad as being one of your sheep, I have no lack in any area of my life.”
- Prayer of personal edification - praying in tongues: (1 Corinthians 14:4).

- Corporate prayer - presently prayer line (Acts 3:1).
- Private prayer (Matthew 6:6).

### 5. Silence and Solitude:

- Be still and know that I am God: (Psalms 46:10).
- Start by taking 10 minutes a day where you are stilled and quiet, listening for God to speak and take you above and beyond to an awesomeness of peace and transformation affording a powerful and disciplined spirit (Proverbs 16:32).
- Strive to increase time and expand this study (1 Thessalonians 4:11).

## II. Prosperity and Health:

In Genesis chapter **1**, God provided **fruits and vegetables**. In Leviticus chapter **11** God provided clean animal **protein**.

### **Genesis 1 combined with Leviticus 11 = Be-In-Health 111**

The “Back to Genesis 1 and Leviticus 11” (Be-In-Health 111) ministry boot camp challenge is designed to bless the spirit, soul, and body of all who would be willing to engage and embrace it.

#### 1. Levels:

- **L1:** Level 1 days are 24 hour fasts.
- **L2:** Level 2 days are 20 hours of fasting from the night before until the beginning of a 4 hour window of eating of one meal.
- **L3:** Level 3 days are 16 hours of fasting from the night before until the beginning of an 8 hour window of eating of two meals.

**Monthly schedule:** (all Sundays are L2 days. all Wednesdays are L1 days. Mondays, Tuesdays, Thursdays, Fridays, and Saturdays are L3 days).

#### 2. Meals:

- Meals consist of protein and vegetables.
- One fruit dessert per meal.
- Eat all the vegetables you can or desire at any meal.
- If you have a desire to snack, only vegetables are to be consumed as snacks.

### 3. Modes of Cooking:

*Important use vegetable broth instead of cooking oil.*

- Grilling, baking, steaming, broiling, or sauteing.
- Use himalayan or hawaiian salt only and pepper along with herbs and spices.
- Use low fat, low calorie, 0% sugar, salad dressings at a minimal.
- If you are salt restrictive, see Benson's sodium free potassium free, no-salt, or other herb blend spices as you probably already use.

**Recommended lists of healthy foods to consume during boot camp.** In wisdom, these foods can possibly provide renewed health, vitality and an overall better path to health and vitality.

**Proteins:** bass, beef, bison, buffalo fish, chicken, cod, cornish hen, duck, eggs, flounder, goat, halibut, herring, kingfish, lamb, mackerel, perch, quail, red fish, red snapper, salmon, sardine, seabass, skipjack), trout, tuna (albacore, blue fin, yellow fin, turkey, white fish, whiting, venison, yellow perch (**proteins 4oz.-6oz. per meal**). **Avoid pre-packaged processed cold cuts.**

**Vegetables:** spinach, romaine lettuce, celery, tomato, green string beans, cucumber, collard greens, cabbage, onions, endive, kale, leek, peppers (green, red, orange, & yellow), jalapenos, asparagus, mustard greens, mushrooms-(portabella & shitake), zucchini, swiss chard, brussel sprouts, radish, alfalfa sprouts, turnip greens, parsnip, garlic, watercress, bok choy (**vegetables: unlimited quantity-especially raw**).

**Fruits:** apple (**medium**), apricot, blackberry (**½ cup**), blueberry (**½ cup**), cherry (**½ cup**), grapefruit (**1/2**), lemon, lime, orange (**medium**), peach (**1/2**), pear, plum, raspberry (**1/2 cup**), strawberry (**1 cup**).

**Water and natural herbal teas:** are the only beverages to be consumed during boot camp.

#### 5 effective appetite suppressant teas



**Green Tea**  
**Dandelion Tea**  
**Mint Tea**  
**Hibiscus Tea**  
**Ginger Tea**

**Important:** no sugar, honey, maple syrup, or any other sweetener during boot camp **EXCEPT** natural sweetener liquids like stevia/stevia water drops. Stevia leaf is one brand. If drinking enough water daily is a challenge, liquid stevia comes in multiple flavors to use in in your water to spruce up and add awesome flavors to your water. Stevia **won't raise your blood sugar levels**, and some forms of this



sweetener may actually lower blood sugar levels. A study published in Planta Medica in 2005 found that there was a dose-dependent effect of stevioside on blood sugar levels, with stevioside lowering blood glucose levels and

decreasing insulin resistance in rats with diabetes.

**To enhance your fruit desserts there are all natural zero sugar, zero calorie chocolate and vanilla syrups available sweetened with stevia.**



Remember to consume your vitamin supplements, and the supplements of wisdom to combat viruses and bacteria, such as: zinc, iodine, vitamin d, vitamin c, ginger-garlic-onion tea blend and etc...

Take Smooth Move or peristalsis stimulating herb tea in conjunction with/or without psyllium depending on your system if and when needed. If taking psyllium add extra cup of water to follow.

Natural sweetener liquid stevia/stevia water drops, chocolate and vanilla syrups available sweetened

with stevia, and lowest fat, lowest calorie, 0% sugar, salad dressings. **All are available on Amazon.com.**

**Note:** Please try to get 7 to 8 hours of sleep nightly to aid your body to heal.

FOOD FOR THOUGHT by: Bishop Williams

**“IF THROUGH THE WORD OF GOD, WE WOULD MAKE OUR HEALTH A 111 URGENCY, WE COULD GREATLY DECREASE OUR HEALTH FROM BECOMING A PREMATURE 911 EMERGENCY”**