

John 10:27

Isaiah 28:23

Psalms 77:1

Psalms 34:8

February 2023
Volume 6 Issue 2


Psalms 23

Jeremiah 29:11

What does
SPIRITUAL INTIMACY
Mean to you?

I am the good shepherd, and know my sheep,
and am known of mine. *John 10:14*

"Behold, I stand at the door, and knock: if any man hear my
voice, and open the door, I will come in to him, and will sup
with him, and he with me." *Revelation 3:20*



How is your quiet time with the Lord? For prayer and studying of God's Word. Do you have the benefit of setting that special time to talk and listen to God as he communicates with you with out distraction and interuptions. Have you had the opportunity to uncover your gifts and understand the reason and purpose that they were provided to you? Have you began to walk in them with understanding? If not take this opportunity to ask God to reveal and make your assignment clear in order to fulfill His purpose for your life.



What does
SPIRITUAL INTIMACY
Mean to you?



February 2023
Volume 6 Issue 2

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Transform You Magazine

Publisher/Chief Editor

Dr. C.A. Dangerfield II

contact us on www.thetransformu.com

Feature Editors /Writers

Department Editors/Writers

Diane Harvell, Editor - Philadelphia, PA

Dharvell215@gmail.com

Stacie Daniels - Columbus, OH

staci Daniels@gmail.com

Ella Alexander - New York, NY

ella.vlfn@gmail.com

Judith Allwood - Jacksonville, FL

judith_allwood@hotmail.com

Neva Brooks – St. Louis, MO

ministerneva@gmail.com

Dr. Horace Brooks - Anderson, IN

hvbook@aol.com

Nate Griffin-Philadelphia PA

sgtnatefitness@gmail.com

Elder Linda Guest –FL

Rachael Voss– NY

releaserealignwellness@gmail.com

PJ Robertson-VA

pjrobertson23@yahoo.com

Advisory Board

Dr. Melvin L. Howard, Sr.

Rose Marie Fisher-Dangerfield

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Thank you for your interest!

APOLOGY ACCEPTED

By Elder Diane Harvell

October 6, 2022

I apologize to [Him](#) for allowing certain things to happen
I apologize to Him for giving into sadness

I apologize to Him for all the hurt
I apologize to Him for not knowing my worth

I apologize to Him for hiding the tears beyond what eyes could see;
I apologize to Him for becoming a silent me

But Jesus came & showed to me all of satan's lies
No longer do silent tears flood my soul nor fall from my weeping eyes

One day He came and accepted all my apologies
The very first time I cried to Him as I prayed upon my knees

And when I stood upon my feet, I felt like running then
Because at that time I did not know that I had been born again!

No longer do I think about how to end my life
Because Jesus heard my sinner's prayer & my humble cry

When I fell upon my knees as I was being tempted
Jesus gently picked me up and said your Apology is Accepted!

Thank you, Jesus, for your inspiration!
Your Daughter, Diane!

We Need A

Taking
Responsibility
Applying the
Necessary
Steps
Focused
On Overcoming
Resistance
Moving in
Authority
Towards
Intended
Outcome
Newness



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Ladies & Gentlemen,
Introducing Diane Harvell, author of

"Praising My Pond"

a most revealing and inspirational story of the
tribulations and victory of life before Christ and
now life eternal.



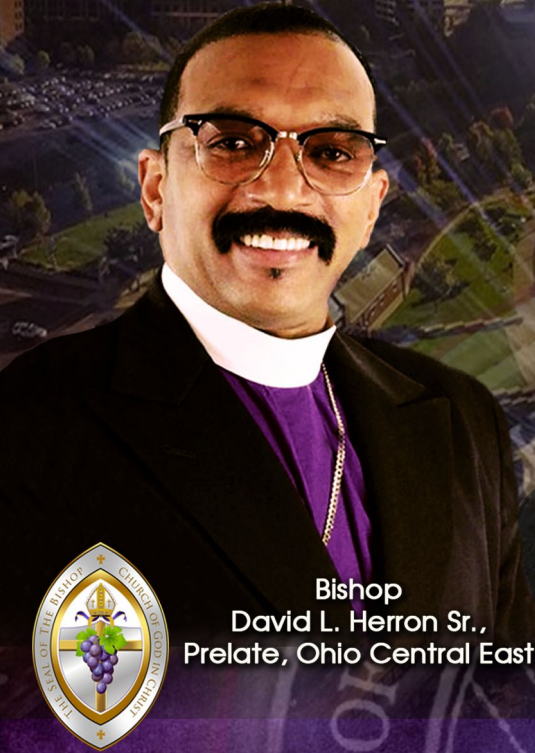
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Host Pastor: Supt. Jerry Revish

TRUE SPIRITUAL INTIMACY WITH GOD

By Elder Diane Harvell

Unlike any other relationship, a spiritual relationship with God should be one of complete trust and commitment. The bible in John 4:24 said we must serve the Lord in spirit and in truth. While many believe this scripture pertains to the act of being "perfect," it actually means to be totally honest and upfront to God because He desires our intimacy. Spiritual intimacy qualifies spiritual maturity. It is God's will that we humble ourselves and cast all our cares upon Him because He cares for us. I Peter 5:7-9.

Just as the Jews were Jesus' chosen people, we too are His chosen people predestined by God because of the rejection of the Jews, God's people. Most of us desire to love or to be loved. God has the same desires, after all, He created us.

As in any relationship, spiritual intimacy requires a specific place and time set aside to commune with God on a daily basis. I must admit, I fall short within my commune with the Lord. Nevertheless, I am comforted in His word which declares nothing shall separate me from the love of God. Therefore, I will never give up my relationship with Him. Romans 8:38-39. Spiritual intimacy is sharing and disclosing and listening to God as some believe this also pertains to a natural relationship or partner or spouse. Whether natural or spiritual, through partnering and sharing, a healthy relationship is certain to develop.

As children of God, we need to hear from God. And we can do so by listening to His direction in prayer and reading His word. For me, one cannot go without the other otherwise I am spiritually unbalanced. So many people have feigned to know the Lord, and have demonstrated a show (literally) of knowing Him rather than offering Him a sincere humble prayer. Unfortunately, we have majored in 'the show must go on' approach rather than a commitment to a consecrated life which has the ability to effect and draw souls to Christ which is the ultimate plan of God in a dying world. Have you ever been so closely connected to someone that when you were together, you knew what they were feeling and thinking? We have that same opportunity with God through so many avenues of communication today. God is not impressed with our acts in Him but with our faith in Him. And you cannot achieve that without a relationship with Him. After the charismatic nuances within our churches fade, the power of attraction fades and so will the relationship with God. This is why we must have more than the best dancing and shouting experience, (Pentecostal & Apostolic) church, the most Holy Eucharist or Holy Communion experience (Catholic), the best choir or best auxiliary group (Baptist), the best dressed, (Church of God in Christ), the best preaching experiences etc., although all these things are attributed for a great church experience, they only become ritualistic and programmatic.

When biblical knowledge alone replaces our intimate knowledge and relationship with God it increases our **pride in self**. Thus, the modern-day attendance of the

American Christian Church has declined 67% all over the world with people choosing to have no religious affiliation at all. Yet, our soul will always long for more than fish and loaves because Jesus has created such men/women that will serve Him in spirit and in truth. Therefore, let us take advantage of the opportunity we still have to obtain an intimate relationship with Him while we still have the chance.

God Bless You All!

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What does true Spiritual Intimacy mean to me.

C.A. Dangerfield II

This is the most important question to ask oneself and gain a complete understanding of how to define it. First, we must understand this is the most important relationship that we can ever have. It is the relationship with our creator with an unbreakable bond. Where we are completely aware of His presence at all times. Having and understanding the insurance that we can rest in Him.

When we truly know, hear, comprehend and understand the instructions provided through His still soft voice as He beckons us and we learn from His written Word. In His comforting way that's when we respond because of that built in trust that is there that creates no worries on our part. This is what Spiritual Intimacy is all about.

We truly possess the understanding of "Yea though I walk through the valley of the shadows of death. I will fear no evil: for thou art with me: Thy rod and thy staff they comfort me. Thou preparest a table before me; in the presence of my enemy; Thou anointed my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever." The Winans has a song that simply says "Wherever I go let your Spirit follow me. If in the dessert, I'll find pleasure, if in the valley I really don't care, walk through the wilderness, shadows of blackness I'll never falter as long as your there." It truly puts things in the right perspective when you understand the nature of your relationship and the fact that he holds us in the highest regards because His love is endless.

A broader understanding is when we can truly grasp that God completely understands us even with all our flaws and imperfections. Knowing that it's gonna be alright, even when we are at wits end gaining the understanding of "I'll never leave you nor forsake you" will be the reality that will step in and confirm His presence and put worries to rest. History will rise up as reminder that His Word never comes back void. We have to learn to see Him closer than our horizon and trust the fact that He is always near especially when we are obedient to His instructions because we recognize His voice over all of the chatter. Because right at that moment He provides clear sight to the way of escape pay attention and don't get distracted.

We must incline our hearing to His voice and our spirit to His very presence that is the bases of our intimacy in which we cannot deny. For it comes from within, it's with this understanding we can rest. It's not about your local or national politicians, they have limited authority and power not to supersede that of God. It's not about our acquaintances and friendships most are short lived.

We all have various gifts which were given to fulfill our purpose. We all must not fail in connecting with that part of who we are to become our very reason for existence is tied into that purpose designated by God. If you are unaware of yours, get closer to God and look inward into yourself and uncover the answer. There is no greater feeling than to know and understand your purpose and start to fulfill it. For He truly came that we might have life and that more abundantly. If that is not what you feel you are living take this opportunity to seek and find Him and experience life in a way that you never had. If you were once close to Him and your not as close as use to be, guess who moved. Get back in place and do your first works over again. It's never to late to begin again!

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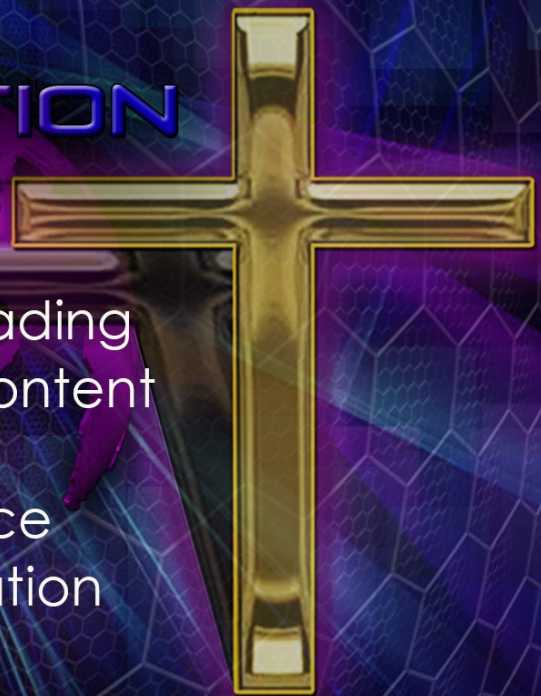
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Perception is the story
of my life.

Linda Guest

Illustration of glass with water Half Full / Half Empty

Perception is the story of my life. (Part 2)

Linda Guest

I had a family member who every time they would see me would say do you know you're pretty??..pretty ugly. Yup you guessed it my perception became that I'm ugly.

I never knew who my Father was until I was in the 6th grade. This is when I learned my Father was my great Uncle by marriage. In my mind, he had every opportunity to be a part of my life. He easily could have said here is my niece who is unmarried and has a baby. I'm going to step up and be a father figure. But instead, my perception became I wasn't good enough to want or love, I was a reject. It was 3 years after learning who my father was that I was told he molested my mother and that's how I got here. The feelings and emotions turned to pure hatred. And I made sure he knew it!!! But now my perception was also that I was dirty and nasty because of how I was made.

By the time I hit my 20's my perception of true love came in the arms of another woman. The majority of my adult life I lived with that perception.

The greatest earliest memory I have is being about 5 or 6 and it was a Sunday morning. We were at church and my Bishop was preaching one of them old school messages about hell. We don't hear these fire and brimstone messages too often anymore. Yes God is real. He is a loving God but hell is real as well. Although we may feel like we go through hell here on earth I promise you this is not Hell! Anyway, back to my testimony lol. I was scared and did NOT want to go to hell. So I went up to the altar for prayer. Once I got home my Grandmother sat with me and explained the plan of salvation.

Not only did I grow up in a Christian home but a Christian family. All sides of my family were heavily involved in church. If there is a position in church someone in my family has held that position. Going to church for me was not a chore but I loved it. Growing up Pentecostal we were always in church. It was 2 to 3 nights during the week, Saturday was somebody's rehearsal or something and ALL day on Sundays.

This strong religious presence and trying to sort out my feelings and emotions about my sexuality was a crazy time in my life. My first relationship went on for 6 years off and on. Being taught homosexuality was a sin and trying to understand what I was feeling from my perspective made me feel so unworthy. Again there had to be something wrong with me. Why did I have these feelings? Why couldn't I pray them away? I was weak. There became a point where I even contemplated suicide.



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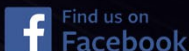
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The eyes of your understanding being enlightened; that ye may know what is the hope of his calling and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power...

Ephensians 1:18,19

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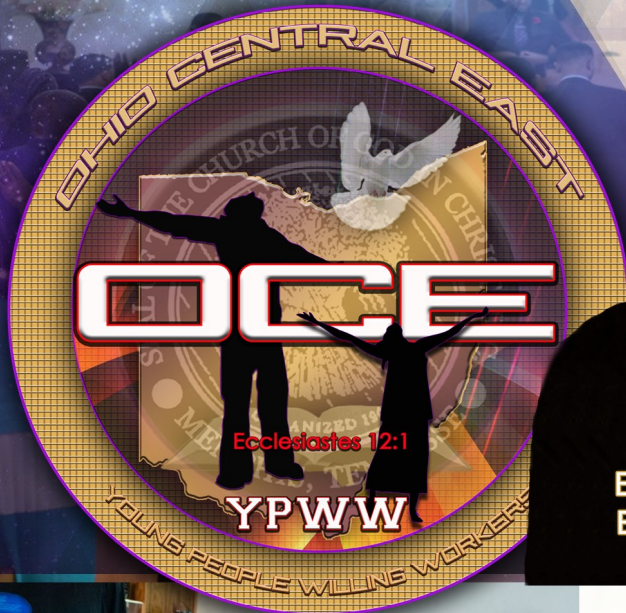
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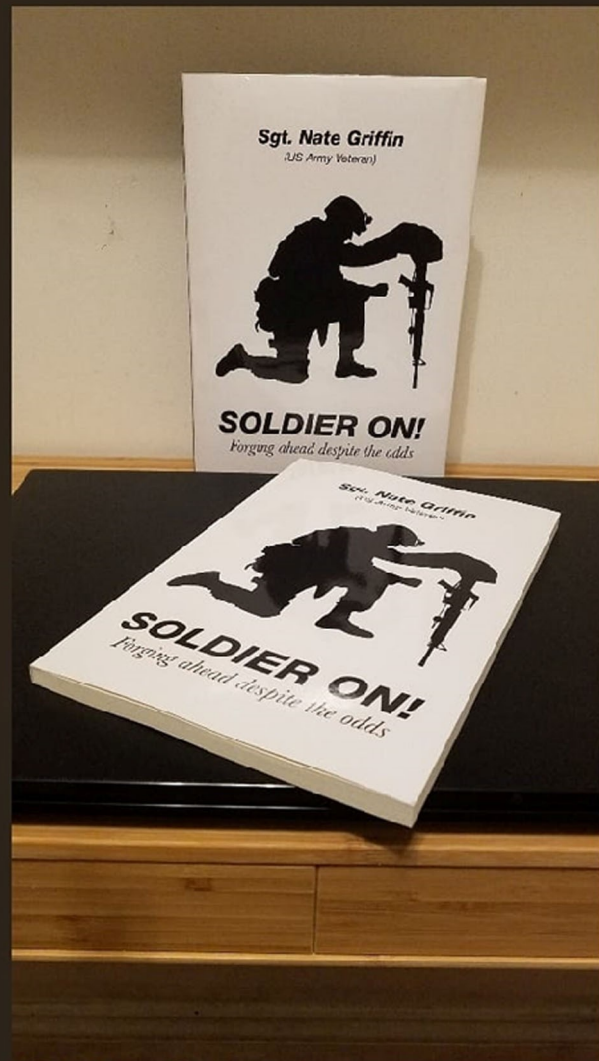
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This book was extremely inspirational! I will keep it handy and read it over and over many times over. As the Executive Director of a high school leadership non-profit group, I will be encouraging our student members to read this book in its entirety, and I will be using it as a tool for our annual training program. I may even buy it for our 16 student leaders of the program that I have each year!

Seldom do I come across a book that I've enjoyed reading as much as this one. It has made me a better person, mentor, and leader, and I will be sure to tell everyone I know about this book. I encourage everyone of all ages not to miss this one!"

- Jerry DiGiovanni Executive Director, PA DECA

HEALTH AND WELLNESS TIPS FOR MARCH 2023

By Sgt. Nate Griffin

Warning Signs: P.T.S.D.

Correct diagnosis should be confirmed by a trained medically trained professional.

1. Emotionally numb
2. Guilt
3. Anger
4. bad Memory
5. Hopelessness
6. Self-Destruction
7. Nightmares
8. No Focus
9. Shame
10. Insomnia
11. Hallucinations
12. Flashbacks
13. Violence
14. Substance Abuse
15. Irritability

This Month's Awareness:

Kidney Disease/Colon Cancer

Proper check ups and studies should be done regularly to spot possible early signs of abnormalities.

Workout of the Month: Cat-Cow



Ask Your Doctor:

During your annual physical. You should remember to ask your doctor what particular exams and studies you should have for your age. Also, do a little research yourself. But, avoid self-diagnosis.

Health Tips:

The Benefits of Prayer and Meditation.

It's linked to feeling less stressed as well as actually lowering the stress hormone, cortisol.

It's shown to help against mental health conditions.

It improves focus and concentration.

It provides a sense of calmness.

Health and Wellness Scriptures:

Genesis 2:17

For in the day you eat of it, you shall surely die.

Sgt. Nate Griffin

Founder, Sgt. Nate Fitness, LLC

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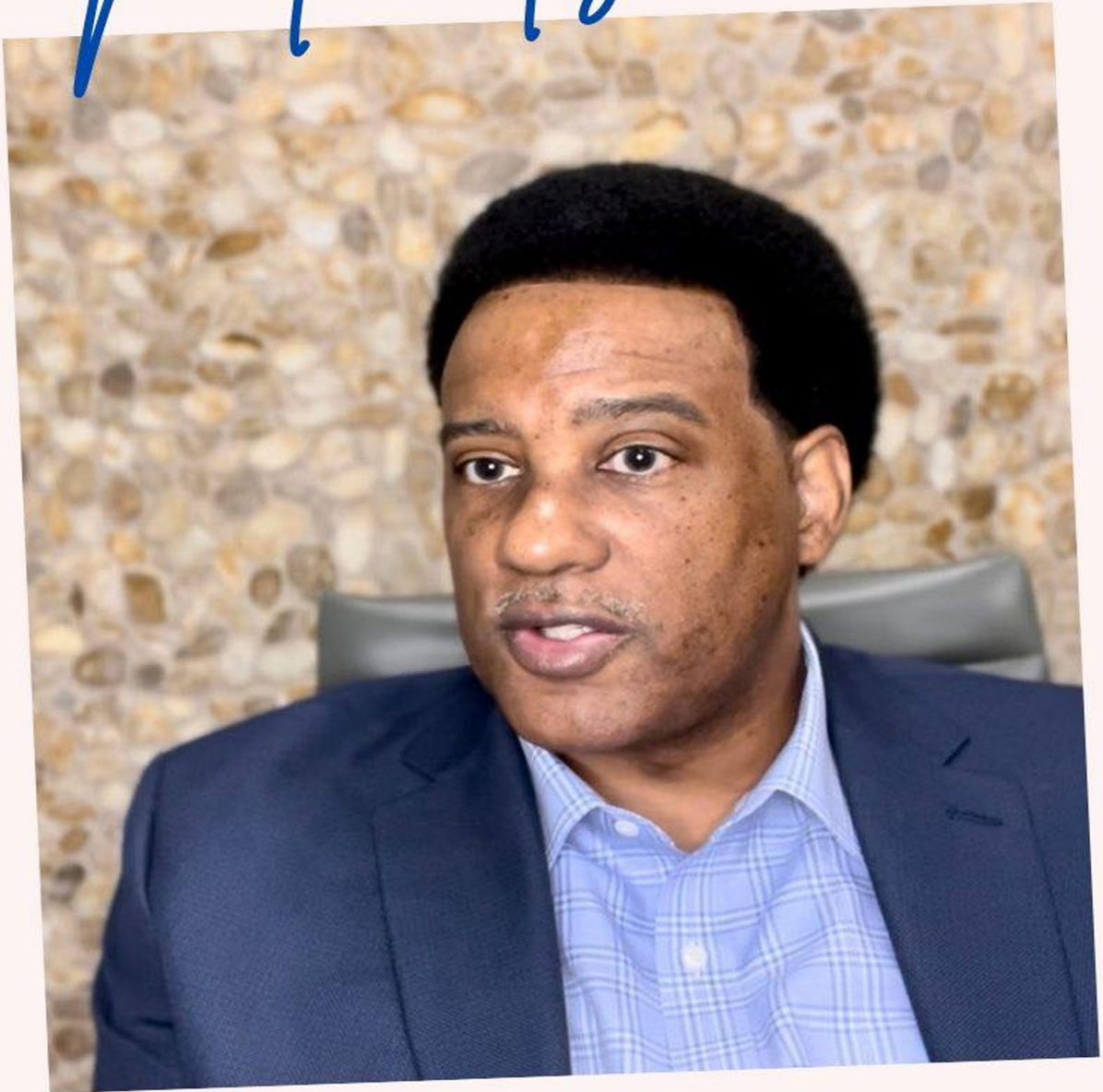
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Monday's

Moods



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Monday's Moods



Episode 33

How do you feel at the start of the week?

What do you feel on **Sunday Nights** and **Monday mornings**? If you're like most people who work during the week, **Sunday nights** and **Monday mornings** are probably your **most stressful days**. I once read that most heart attacks happen **Monday mornings** due to people reacting to **stressful situations at work**.

Is this you? **Do you feel anxiety or stress during these times?** If so, how do you cope with it? I know how this feels and the awful toll it can have on your well-being. I have a few recommendations:

First, determine exactly where is the root of this anxiety. Secondly, organize a plan to address the source of this anxiety. Lastly, execute this plan. Remember that your objective may be more long-term, like moving into another field or job or becoming self-employed. There is something very positive about having a plan and starting the execution that minimizes mental stress.

As you approach this week, **think about your feelings** on **Sunday nights** and **Monday mornings**, and act accordingly for a much more mentally healthy life.

Have a great week!

Rodney



Rodney Lawson, LLC

Ultimately The Truth Will Be Exposed

Dr. C. A. Dangerfield II

The funny thing about life is ultimately the truth will be exposed. Throughout history man has tried to hide and manipulate the truth. Through bullying, threats and intimidation, straight out denials. Passing laws and falsifying documents, failing to realize there is always that one witness or piece of evidence that you just neglected to see that will come a calling when you least expect it. All of the so-called hidden secrets will ultimately illuminate into the light. Calling you out and exposing everything costing one their integrity and can-do greater levels of damage up to and including catastrophic levels.

It's sad when we cannot humble ourselves, allowing pride to be our downfall. We fail in these times to understand our finite selves are no match for an omnipotent God. Since we failed to follow His instructions and heed His warnings. Even if you neglect here or refuse to open His Word to receive an understanding these actions do not negate His Will.

Warnings come before destruction and it's disrespectful and shows a sign of ignorance (darkness) when all you have to do is turn on the light switch to His Word and instructions. It truly makes no sense to be defiant in the presence of God when all we have to do is listen, learn and obey.

When Jesus physically lived and walked among man in the flesh, He taught and demonstrated two simple rules. 1. Love the Lord thy God with all your heart, and with all thy soul, and with all thy mind. 2. Honor thy mother and thy father: and, thou should love thy neighbor as thyself. So, when we do a self-evaluation of ourselves how extremely far off the mark are we. The second for most is difficult because we tend to demonstrate respect of person meaning we display limitations, reservations and bias towards others. Therefore, we completely miss the mark of that which has been instructed for us to do. So, in essence we have no excuse.

Another sad revelation is that as pure as the love of a child is. We failed in the instruction of "Train up a child in the way they should go: And when he is old, he will not depart from it. This is a true statement. What some have chosen to do is not to build on a child's natural ability with some safety features which could guide them to their gifts. But instead taint and distort them with bullying, threats, intimidation, manipulating the truth and straight-out denials, pushing bias towards others.

These actions will meet each one of us at judgement if we fail in correcting them since being the initiator we have stepped in and created disorder to God's Will. Which makes us responsible and liable for their actions. It should cause us to wonder how deep is the seeds of deceit in which we have planted as well as the destruction these seeds will and have created. It is deeper than just the surface. Actions have cause and effects which can create consequences if the planter doesn't fix.

Man was given a task to manage the earth. To take care of it not to destroy it and its inhabitants. The mirror effect allows us to have a candid look at ourselves and fix our intentions and presentations so that they honor God. We cannot genuinely say we haven't done anything wrong. When our complacency is actual our compli-
 ance to that which is taking place around us and we make a choice to do nothing. Then the question becomes how are we reaching or maintaining the assignment given to mankind? Can we truly say we are reaching the expectations of God when we look at the conditions of our current world? Or are we clearly understanding that we are declining and taking several steps back in reverse?

We have an opportunity for the right type of change. But the decision first starts with us individually before collectively. Remember and understanding when we stand before God we stand alone. We are accountable for ourselves and we must strive to do it God's way.

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Proverbs 18:21 Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof.

True self-love is the commitment to objectively know yourself as you are, to fully experience life as it comes to you, and to honor your potential by continually seeking ways to grow.

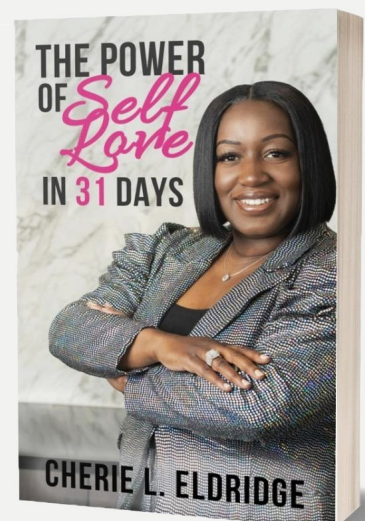
In life, we will face many challenges that can cause negative influence to our minds, bodies, and soul. You may even find yourself talking negative more than positive. You may find

yourself feeling like quitting, or giving up, on your dreams or even your life. We have all made decisions based on negative influences from life's issues, circumstances, bad relationships, health, environment, jobs and so on. All of which may have put our thoughts in a negative space in which we now live in or call life.

This book was written to revive our minds, bodies, and our souls back to their healthy place where we will begin to experience joy, peace, love, good health, and even activate and live our dreams and purpose just by reciting daily, true affirmations based on life and the Word of God. My prayer is that once you have gone through these 31 days, that speaking life to yourself will be such a part of you that you will continue to not only speak life to yourself but others as well, as you see the change in you.

The Power to Self Love in 31 Days will help you increase in your belief of your own value and importance. It will help you to develop physically, mentally, and spiritually, resulting in personal growth.

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