

*Transform You Magazine*



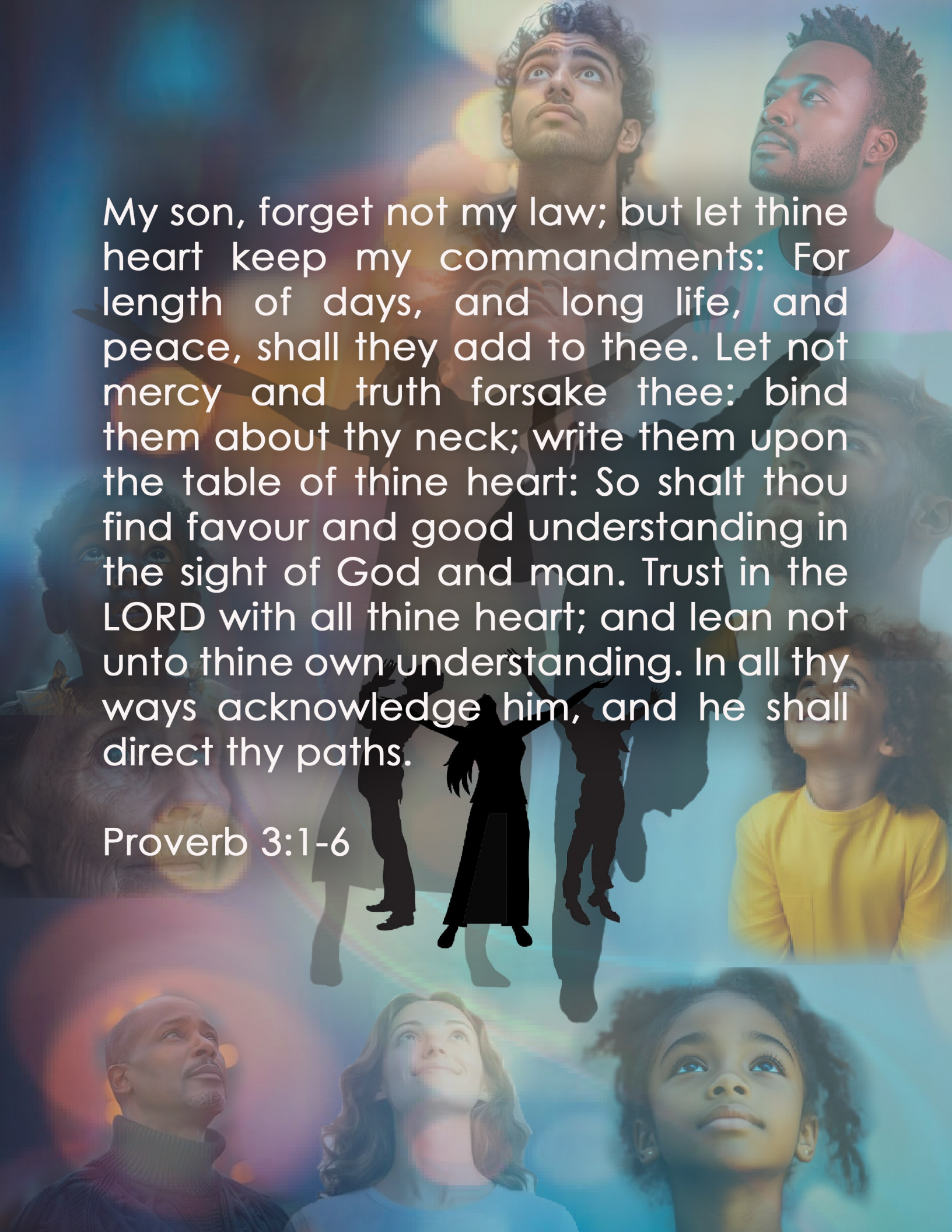
October 2024 *Transform You Magazine*  
Volume 7 Issue 10

# *My Story*

When I think of the goodness of Jesus and all he has done for me!

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."



A collage of diverse people looking upwards, with a central silhouette of a person with arms raised. The background is a mix of soft, colorful bokeh lights in shades of blue, purple, and yellow. The people shown include a young man with curly hair, a man with a beard, a woman with curly hair, a young girl in a yellow shirt, a man in a turtleneck, a woman with long hair, and a young girl with braids. In the center, there is a black silhouette of a person with their arms raised in a gesture of praise or prayer.

My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: So shalt thou find favour and good understanding in the sight of God and man. Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Proverb 3:1-6





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Transform You Magazine

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A logo for 'THE ONE STUDIO' featuring a stylized white 'Y' shape above the text 'THE ONE' and 'STUDIO' stacked vertically.





Familia Vega in the Mission Field

## Preparing for El Salvador!



**Hello, Friends! Hola, Amigos!**

We are the Vega family! We would like to share a little bit of our story, history, and calling as missionaries.

Uzi, from El Salvador, and Bethany, from the U.S., met in 2013 while serving and training with Youth With A Mission in Costa Rica. We were married in 2015, got custody of Uzi's daughter, Genesis, and continued to serve as full time missionaries until 2018 when our first son, Isaac was born. We came to the United States for a sabbatical with the purpose of getting Uzi's U.S. citizenship and establishing a connection with our church family before returning to the field. Then, just like the rest of the world, our plans were affected by the sudden appearance of the covid-19 virus. In the waiting, our son Tobías was born in May 2022.

Now, after five and half years of living in the United States Uzi has his citizenship, and we are FINALLY preparing to return to where our hearts belong: the mission field! This coming January, we will be serving Youth With A Mission again, this time in El Salvador as full time staff. We are so excited to pour the gifts and talents God has blessed us with into Uzi's beautiful homeland; to see the resurrection of a lost hope, restoration of the family unit, and to see communities develop into healthy and thriving places! El Salvador (in English, The Savior) has been ravaged by corrupt government and gang violence for decades, but the political atmosphere is shifting. Corrupt politicians are being weeded out and gang members are being imprisoned by the thousands. There is a growing sense of freedom and hope, but the wounds and scars and pain are still there, in need of the healing touch of the Father.

**Why El Salvador?** In our time in the States, we did a lot of praying and seeking and asking questions about things that God had put in our hearts over the years. What we saw was a pile of puzzle pieces and no idea of where to start. But God spoke confirmation from three people who didn't know each other and were in different countries! God said, "I gave you all the pieces, just start and I will guide you!" So what are those pieces that fit in El Salvador? **Connections, Empowerment, and Immersion.**



**Connections:** The need for mental health workers is enormous and we have already started conversations with mental health care workers here about bringing their training to El Salvador to equip YWAMers and local pastors to be able to minister in this area. We also have a huge desire to see more U.S. church members experience missions in order to be a blessing and to grow in their walk with the Lord. Lastly, we are working to connect/coordinate the pioneering of a new training course for YWAM that focuses on worship, intercessory prayer, spiritual warfare, and evangelism, in order to be more effective in ministry.

**Empowerment:** We want to see the Salvadorans take ownership in the growth and restoration of their country. We believe that God has connected us to key people and ministries for the task of equipping the people so that they can rise up and take hold of the blessings God has for them.

**Immersion:** Before we were married, we talked and prayed about how we wanted to raise our kids and what things were important to us as individuals, but also as a missionary family. Our desire is to live with a diverse “Kingdom culture”, where the best parts of our cultures are drawn out to honor God. We want to have our kids immersed in Salvadoran culture so that part of their heritage is not lost.

**Who/what is Youth With A Mission?** Youth with a Mission (YWAM) is an international and interdenominational Christian training organization founded in 1960. The three focuses are in training, mercy ministries, and evangelism with the goal of seeing God in each of the 7 spheres of society (family, economics, government, religion, education, media, and the arts). There are more than 1,200 working locations in over 180 countries. Each year approximately 25,000 short term missionaries are sent around the globe.

**What will we be doing?** As full time staff, we will have general operations responsibilities (i.e. property maintenance, kitchen duties, hospitality, etc.), work utilizing our gifts and talents (i.e. Spanish/English translation, administration, discipling/mentoring, etc.), and being involved with ministries of the base (i.e. mercy ministries, kids programs, Bible and literacy classes, etc.). **So what might our day look like?** In the morning, we may be preparing breakfast for a team that has come to build a home for a single mother in the community. After breakfast, Uzi could be translating for classes while Bethany homeschools and works in communications. After lunch, we prepare for kids ministry (a hot meal and a fun Bible study out in the community) or helping to build the house with the team. On the way back from ministry, we might stop to do the grocery shopping for the base meals for the rest of the week. More translating for Uzi for evening classes! Before dinner, someone needs to talk and process; Bethany can help with that! Dinner might be done, but the day is not finished; time to sort through the vegetable donations that have just been dropped off. Now we can rest for another busy day!

**There is so much more we'd like to share! Please connect with us and ask questions. 😊 Please keep us in your prayers as we finish preparations for our departure in January 2024.**

**With Love and Gratitude, The Vega Family**

.....  
[Connect with us on Facebook!](#)





## Prayer Requests and Budget

### Please pray for:

- ❖ **PEACE!** In our hearts and minds, because moving is stressful and difficult!
- ❖ For Genesis, as she moves into her own place and makes decisions for her future.
- ❖ Clarity in the final decisions we need to make for the move.
- ❖ **Finances!**

### Startup Budget:

-----> **\$66,000 Total for the first year**

- ★ \$30,000 for a car (cost of vehicle plus shipping costs...El Salvador will not accept imported vehicles older than 2016)
- ★ \$12,000 for one full year of housing
- ★ \$2,000 monthly expenses
  - Base fees
  - Medical insurance
  - Vehicle maintenance, insurance, and gas
  - General needs (clothing for the boys, homeschool materials, etc.)
  - Savings for other travel/visa renewal

Donations can be sent via PayPal using [bethany.s.mayer@gmail.com](mailto:bethany.s.mayer@gmail.com). Option for tax deductible donations coming soon!

For more information about YWAM El Salvador and their ministries, you can visit <http://jucumes.org/>.

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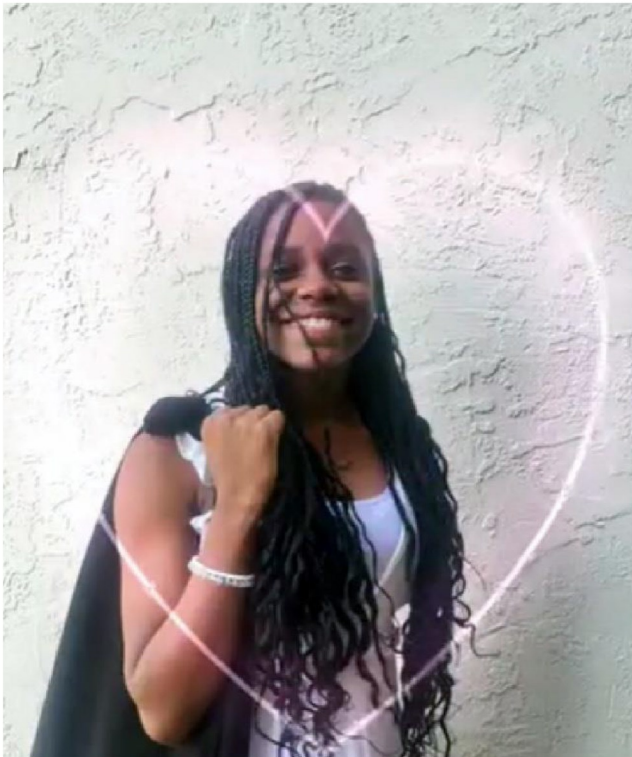
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# Walking With God

Jirah Saint-Fort

Our walk with God is not always going to be easy. You will have to go through some things, whether you like them or not. This is the story of my walk with God. My name is Jirah Saint-Fort, and my walk with God started at a young age. I gave my life to the Lord when I was eight. From that day on, my life has never been quite the same. My life was very different from other young girls. Giving your life to Christ at a young age, like eight years old, you can



feel many different emotions and feelings. Some of my feelings were happy, confused, left out, weird, sad, and so much more. Why did I feel all these things when I did something great? At eight years old, I was still a kid, and I wanted to do kid things and do what all the other girls were doing. When my mother wouldn't allow me to do anything and everything, I felt left out and like the weird kid. The thing I didn't know was when my mom was not letting me do these things, she was protecting my anointing, but I was too young to understand. I had my first speaking

engagement when I turned twelve years old. It was a back-to-school revival. I was very surprised but prepared because God had given me a mighty and strong word months before. "Whatever has swallowed you up, God will command it to spit you out." Being the first word, I had ever given, I didn't know how to prepare to provide the word of God. I thank God that I have two big role models to help me spiritually: my mom, my youth pastor, and my grandmother, my pastor.

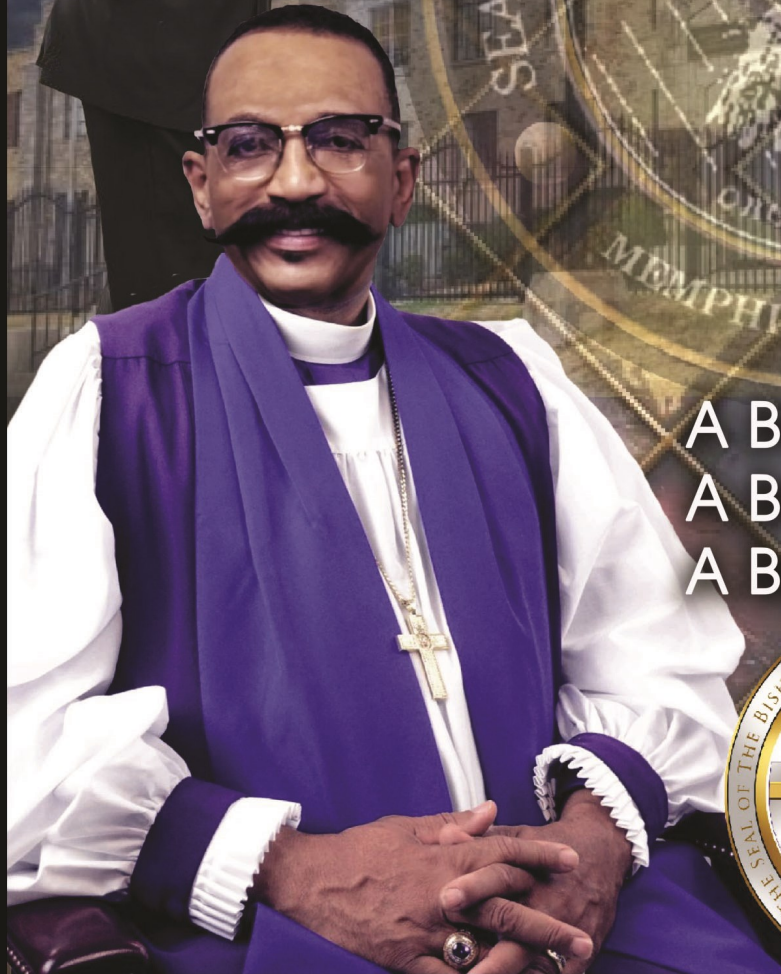
I have grown so much spiritually from then to now. I have been able to speak in my local church, and I have even spoken at a jurisdiction level. This does not mean I haven't gone through trials and tribulations. I am now fourteen years old and in the ninth grade. High school year means homecoming, so I



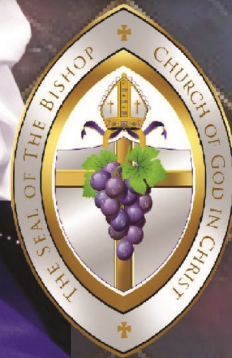
had thought to go, but little did I know that the Lord had different plans for me. Previously I had stepped out of line and done things that I know are not of God. I had asked my mother if I could go to homecoming, and she said no. I was so confused about why she would say no, so I asked her why. She told me to ask God why I was so upset, so I didn't. A couple of days later, my mom attended a church service, and I decided I wasn't going. That was until God told me to get up and get ready to go to church, and I did that. As soon as I walked into the service, I felt the presence of God, which I hadn't thought of for a while. When I walked in, all I could do was cry; no matter how hard I would try to stop the tears from flowing, they would fall even more. I surrendered to God and asked for forgiveness. I had gotten in trouble with the Lord, and that was. Not a good feeling. This all led to conviction, and when I was convicted, I was so sensitive to the presence of the Lord that I didn't know what to do but cry. If I hadn't gone to that church service that night, the oil of the Lord could have easily been removed from my life. So, I started praying, fasting, and rereading my word. Doing what I needed to do to get back in line with God. I stepped back in line and recently gave the word that my topic was "We can't get tied." That's what I did. I got tired, followed the will of God, and stepped out of line.

Walking with God is not always easy, and I can get lonely. You must stay around people who will motivate you and push you closer to God. If you have God, then you have all that you need. Your walk with God might look different or seem different from mine, but that doesn't mean God is not doing great things in your life. Spiritually and Naturally. One of the main things you have to know is that you are never too young, and you are never too young. God blesses people differently, so my blessing might differ from yours, but just know that you will get your blessing. God wants to do beautiful things for all of us!

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# CHEMICAL REACTION

## What kinds of vitamins and minerals do I need?

By Sgt. Nate Griffin of Sgt. Nate Fitness LLC

There has been a lot of talk lately on various types of vitamins, minerals, and other supplements we should be taking on a daily base. With much being said on tv commercials, internet searches, and social media influencers. It



can be difficult to decide which is truly good advice and what is simply a marketing farce.

It is true, we need a variety of vitamins and minerals for our bodies to function efficiently. It is true that many people are grossly deficient in these essential components that are crucial to living. But where is a person to go to get the answers they need concerning

their specific situation amidst the noise out there?

**VALID MEDICAL ADVICE:** The best place to start is with your own primary MD. During those visits, you can get all of blood work you need to determine what you may be deficient in. Once that has been established, you can move to supplement where needed. What you want to avoid is taking pills and potions just because it is the latest thing on the market to offer a result based on a study you are clueless about. Yes, they still offer “snake oil” today to the masses.

If you find it difficult to sleep or stay asleep, check with your primary MD. You may need a sleep study to determine the cause of the insomnia. If you find yourself having crazy dreams, it could be the heavy meal you have eaten for dinner too close to bedtime and your body is busy trying to digest the meal instead of resting. Trying to self-diagnose your conditions can be very dangerous. It is good to research your conditions. But when you diagnose them and try to treat them on your own. You run the risk of injuring yourself. You can always bring your findings to your doctor. Hit them with all the questions you have. Make them earn their co-pay for that hour's visit.



**WHAT SHOULD I LOOK FOR?** When you visit your MD, ask about blood work that is age

specific, gender specific, medically specific. There are a number of blood work you can have done. There is certain test only men can get. Woman have specific lab works that they need during various stages of their lives just for general health. When you are under 65, there are certain test you need done. And of course, if you are over 65, you need certain test done. For this is the period when many of your levels diminish with age. The names for all these study's, is too extensive to list. But this is where your online research comes in. Once you have done the ground work, you can go to your doctor with you list of questions. It is their job help you and inform you on what your specific needs are. And see that you receive it.

**PERSONAL ASSESSMENT:** How do you feel? How is your energy throughout the day? How well have you been sleeping? How well is your concentration and ability to focus? How is your complexion? Is your hair thinning and brittle? Do your joints ache? Do you suffer from muscular



cramps? Do find yourself getting lightheaded or dizzy? There are so many questions you can ask yourself about your initial state of health. Write them down and take them to the doctors with you. Breakout that list and hit them with an impromptu Q and A session. If they start prescribing you medication. Get a thorough explanation of the meds, expected side-affects and contraindications. Should you take it with foods? Will it effect my weight? Many meds will cause you to gain weight, especially the steroid based ones.

**YOU'RE INCHARGE OF YOUR HEALTH:** The buck starts and ends with you. Do not surrender your power to someone else just because they have a title or degree. You are the main responsible part. Take charge of your life, health, and mind. If you are unclear about a matter. Seek clarity. It is you right, it is your body. It is your responsibility. I Corinthians 6:19-20.

**FINAL WORD: Soldier on!**

**About Sgt. Nate:** Sgt. Nate is a former US Army Reserve Medical Specialist, Author, Singer Songwriter and Owner and Founder of Sgt. Nate Fitness LLC.

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The advertisement features two white hoodies against a background of a forest with vibrant autumn foliage. The hoodie on the left, labeled 'Style 3 Risen', has a gold cross logo above the word 'RISEN' in a bold, black, sans-serif font. The hoodie on the right, labeled 'Style 4', features a gold cross logo above the word 'TRANSFORM' in a bold, black, sans-serif font, with 'Genesis - Revelation' written in a smaller, gold, cursive font below it. The text 'TRANSFORM U Wear' is positioned in the upper left, and 'New Available' and 'New Hoodies for Fall' are written in a large, elegant, gold cursive font across the top. At the bottom, a white text box contains the website information.



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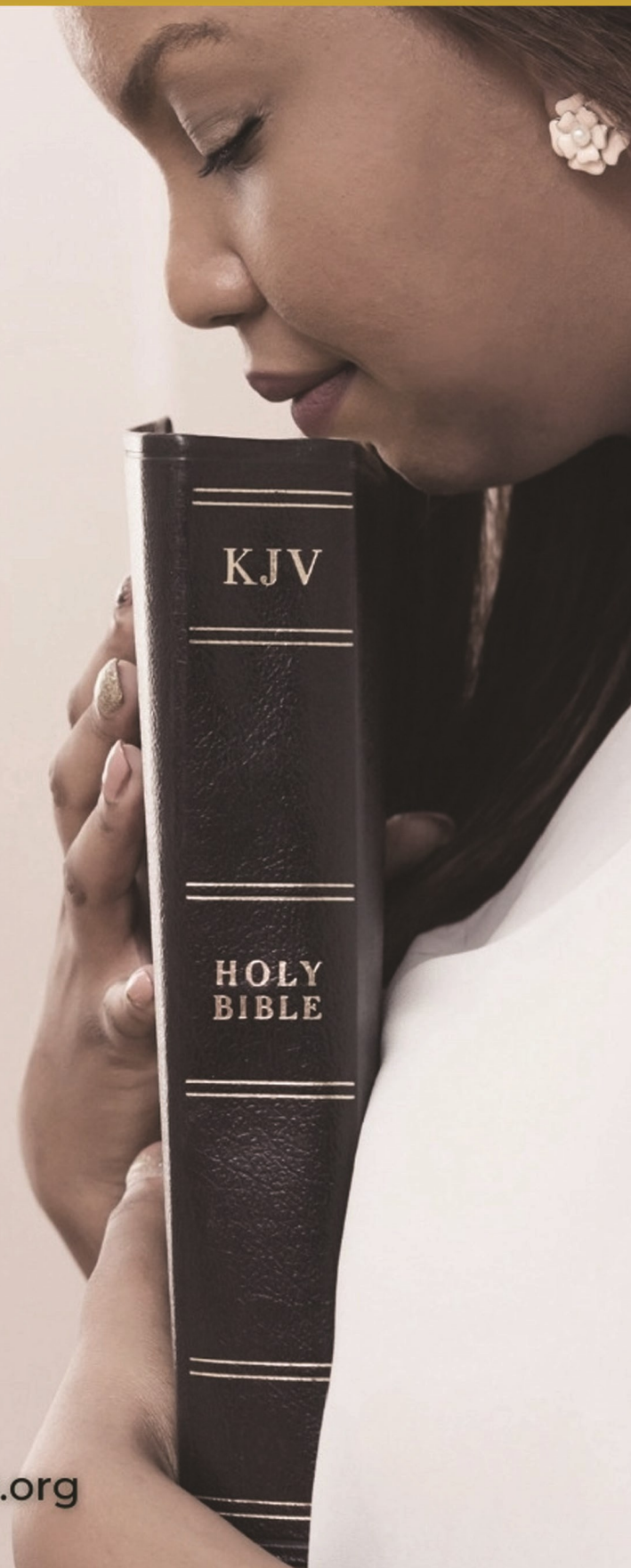
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## **HIS-STORY;THE LOVE OF GOD**

By Pastor Diane Harvell

When I think of the goodness of Jesus I think of my very first conversation with him. My very first encounter with him. At a point of desperation, I cried out to him, and He heard my humble cry and yes, He answered by and by! I know this sounds corny or cliché, but God loves us more than we could ever imagine! After I prayed, I knew immediately that He heard me! I knew I had spoken with our risen Savior and our Lord! The room felt lighter, and the things that had burdened me no longer felt burdensome at all! Glory to God!! I continued to talk with God, and learned what relationship really means.

I Corinthians 13:1 says Though I speak with the tongues of men and of angels and have not charity, I am become as sounding brass, or a tinkling cymbal. In other words, we're just a bunch of noise! God is love and He has shown me how to love others when they presented challenging and turbulent situations. Do you know that every negative word, no matter how great or small, we will give an account for them in the day of judgement? Matthew 12:36. No matter what our deficits are, it is a mandate from Jesus Christ our Savior which says we must Love-even our enemies.

I thank God for His mercies and lovingkindness towards me. Because despite myself, the Lord gave me strength to forgive the most heinous offense that occurred to me in my life. After I truly forgave, a flood of blessings came with "good measure, pressed down, shaken together and running over." Luke 6:38.

But how does a person get to this place of continual blessings? Be honest before God. Tell Him about the hurt, and the pain you feel no matter how great or small it may be. I was honest before the Lord. I also knew that I was a sinner, and I acknowledged that to Him not realizing that was a sinner's prayer. But it took years for me to forgive. When the Lord strengthened me, He taught me how to forgive, how to love others even in the face of adversity, and He taught me how to love myself! Upon request for His help, God forgave me. We must first acknowledge that we have sinned because the bible also says in I John 1:8-"If we say we have no sin, we deceive ourselves, and the truth is not in us." Matthew 11:28-30-"Come unto me, all ye that labour and are heavy laden, and I will give you rest. V.29-Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." That is how God healed me! He removed my burdens and gave me peace! So, we must confess, forgive and love for love is the greatest power on earth! My life has changed forever for the better and today I am totally free! Do I have any problems? Of course, but my burdens are His-Story because I've learned how to give them all to the love of my life, His name is Jesus Christ!

Be encouraged and May God Bless You All!



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# Have You Ever?

Dr. C. A. Dangerfield II

From time to time, I take a mental, emotional and spiritual assessment of my life to understand the impact events have had on my life. This provides me with insight of where and why I have drifted away from the principles of God so that I am clearly aware of my behaviors as well as being knowledgeable of my temptations. This helps me to better filter my future and implement the practices that keeps me aligned with God's principles and purpose for my life.

I find that the older I get it has been my desired to push myself towards staying humble at all costs. Realizing that the abilities that I am blessed with are provided by God who enables me to do what I am capable of doing. This ensures that I remain grounded in Him and not become arrogant within myself. Furthermore, it allows me to share my knowledge freely with others especially with younger people who God has placed within my path so that His assignment can continue through others as a blessing in the future.

As I learn and realize the hand of God in operation, I am able to actively see His presence as we are interacting on a daily basis which helps me maintain humility as well as respect and compassion for others. This year alone God has allowed me to gain a deeper understanding of His Word by studying and listening to the guidance of the Holy Spirit which has really taken me from a surface understanding to drilling deeper within the Word of God to see and understand motives for our decisions. Now I also have a clearer understanding of " my people perish due to the lack of knowledge." I no longer desire to treat my studies as a fast-food meal to say that I have meant a requirement so I'm good, but my spiritual man is starving for nutrition that can only be obtained through the Word of God. So, I'm consciously making the effort to study and deepen my understanding and knowledge, so that I'm not so easy to offend or have a misinterpretation of others. The scriptures instruct us that in "all thy getting get an understanding"..

Gaining spiritual maturity really allows me not to be so judgmental but actually opens the opportunity to have more dialog with others rather than arguments. Provides me with the understanding which is found in the scriptures

Romans 12:3 KJV

[3] For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.



## Romans (Rom) 12:3 CJB

[3] For I am telling every single one of you, through the grace that has been given to me, not to have exaggerated ideas about your own importance. Instead, develop a sober estimate of yourself based on the standard which God has given to each of you, namely, trust.

This passage of scripture helps me to remain grounded within my daily walk and understanding of God's grace and mercy. Because I could misstep at any moment without having the right mindset.

I further have a grasp of the importance of relationships and patience because of the grace that was shown to me in my less mature days, when I was eager but unlearned and those who God assigned to my path to provide guard rails which I may have not seen then which are clearly revealed and understood now. Therefore, I am grateful and truly understand His love for me. Clarifying the passage of scripture in Jeremiah 29:11 For I know the thoughts that I think towards you saith the Lord thoughts of peace and not of evil to give you an expected end. In my eyes grace and mercy.

I've learned to appreciate the relationships around me and understand the nature by which they exist. Allowing me to broaden my knowledge and understanding. You can find treasures when you seek them. You can always learn something when you are opened to receive. Within my prayers I ask God what's in the lesson for me to receive today as he illuminates the scriptures before me. So, I have learned to be more attentive to receive and not close mind. This way I can fulfill "In all thy getting get an understanding".

I'm very grateful to have an understanding and can visualize the passage of scripture within the 23rd Psalm verse 4

[4] Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Thy rod and thy staff they comfort me.

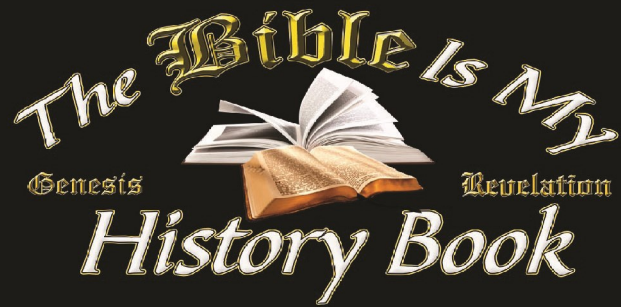
I could go on and on with many examples of the Word and my life experiences and how fabulous my relationship with God is. I'm excited and in anticipation of the future depth to this experience and encourage you to nurture and cultivate your own. The intimacy is incredible and almost indescribable at best, you just have to get there, and you will have joy and inner peace. God bless you in the future!



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Mesh Caps

Cloth Caps



# When We Don't Follow Instructions

Dr. C. A. Dangerfield II

When we don't follow the instructions of God, such as studying to show ourselves approved unto God a workman that be not ashamed rightly dividing the word of truth. Our ignorance becomes our downfall because when we neglect to seek the knowledge that is present before us, then we believe and follow anything. The Word of God provides us with the forecast of events that are predicted to come when we are obedient and also when we are not. We do ourselves a disservice when we fail to adhere to instructions. We cannot say that is not true, how many times have you purchased something that comes with complete instructions that shows and justifies every part and function. However, we choose to ignore the instructions because we feel we can do the installation just by looking at the picture, so we do it and then we assemble everything and leave out a few key parts only to find out they were truly vital to the assembly. We repeat this behavior in our daily life, and no matter what information or warnings we have received we forge ahead. Then when that which we choose to ignore or turn a deaf ear to is revealed then we panic. Proverbs 18:12, Proverbs 16:18 are two verses of scripture we must become familiar not just by reading, but by understanding.

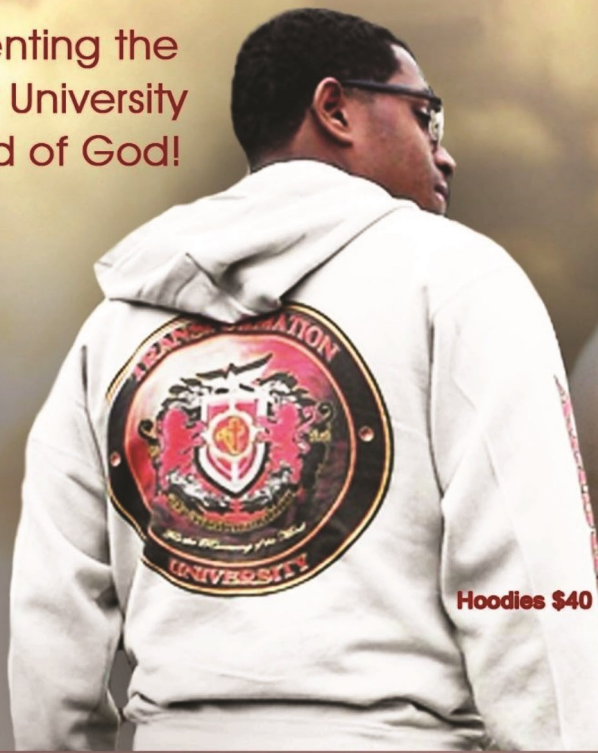
We have ushered in an era bringing us to an expedited season closer to the events within the Book of Revelation. It would be in our best interest to truly set apart time to really understand the threshold in which we have crossed into this new room which has been chosen. It not about analyzing data trying to figure out where the mindset were to bring about outcomes. Because if we had been studying what we should have been studying we would more understand the Will of God over the desire of man. If you do not spend time within the scriptures, I encourage you to do so because the next events coming are more catastrophic and lethal than the current. Because we have set the table for them, we failed to understand God's Word will not return unto Him void. No matter what man's will may be unless God allows, it will not be so. We may have missed a few opportunities and will soon learn about them by hindsight. But we will be reminded that the information was there right in front of us, yet we ignored it. Our only hope is grace and mercy from God. So again, I encourage you to do a deep dive study of the scripture, so not to keep mis stepping in the future. Judgement/Accountability Day is an individual event not a collective group one, we will all stand alone. Let's reflect on that for a moment and realize that Matthew 7:13-20 holds a lot of weight. But providing you only with scripture reference I would hope that you will open the Word of God and study as the Holy Spirit leads you to enlighten your way. Remember Jeremiah 29:11 states to us. To get the full meaning of this passage of scripture take the time to read the full chapter. They will benefit your life and bring clarity and broaden you understanding and enhance your wisdom.



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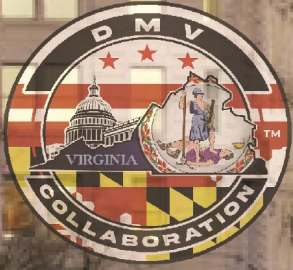


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