

Transform You Magazine



November 2024
Volume 7 Issue 11

With all the events that have taken place throughout this year. The results from a contentious Election Cycle that has created so much unsureness and insecurity for many.

**"How shall we go forward
from here?"**

**Holding onto Trust,
Hope, and your
Faith in God!**



“The highway of the upright *is* to depart from evil: he that keepeth his way preserveth his soul.”

Proverbs 16:17



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Transform You Magazine

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If you are interested in submitting an article to the magazine, please submit your article and contact information to an editor for consideration.

Today has been that day

Pastor Linda Guest

The past 2 weeks have been long and busy. I was so excited to finally have a day off, not that I had anything planned other than going to a funeral for support and doing some Insta Cart.

Unfortunately, I woke up with a migraine and have been in bed so far all day, and it took me a minute to realize why I have been so emotional and just feel like crying. God saw fit to call the name of so many people whom I love dearly during the month of October that it is normally very rough for me, both mentally and emotionally. For the longest time, I would dread having to go through October, fearing that I would lose another loved one. By mid-September, I would start going into depression just thinking about having to go through October.

Having been delivered from depression, thank God, I thought this October would be easy. It is easier in one sense because I don't deal with depression, but emotionally, it is still the same. Being so busy at work got me through each date, not allowing me the time or energy to really think or focus on it, but by the time I got home, I would just crash.

Today has been that day that everything has come to the surface.

The enemy knew he couldn't get to me with the depression because God has already delivered me, but my emotions are a different story.

He started talking, no screaming, in my head, wanting to make me focus on my pain and then on everything that is going wrong or not happening in the time frame I want. You know when you are in an emotional state it's easy to become emotional about everything. I read an article about a gorilla named Ivan who I had never seen and cried even harder. I was watching a show a boy was hurt and I cried even more.

My struggle was real but then the Holy Spirit reminded me of who and whose I am. It's important to feel what you feel. Your feelings are real and should be validated, but don't get stuck there. As my Cousin Pastor Sharnelle P. Blain would say, feel what you feel, but know what you know!

No matter the circumstance or situation God has you in, the amazing thing is that He is FOREVER mindful of you. Don't let the enemy try to force you

back into what God has already delivered you from. Have the comfort and confidence that the same God that has already delivered you from whatever your struggles have been, can get you through this struggle (whatever yours may be) and eventually get you to the place where you are delivered.

Continue to pray and ask for the peace of God to cover and keep you. He has me and you.

Jeremiah 29:11

New International Version

11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Isaiah 43

King James Version

43 But now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.

2 When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

3 For I am the Lord thy God, the Holy One of Israel, thy Saviour:

Psalms 61:2

English Standard Version

2 from the end of the earth I call to you when my heart is faint.

Lead me to the rock that is higher than I;

Psalms 27

King James Version

27 The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

Psalms 18:6

AMP Version

In my distress [when I seemed surrounded] I called upon the Lord

And cried to my God for help;

He heard my voice from His temple,

The book of Proverbs is a powerful and insightful book full of wisdom and knowledge. When embraced it will enhance your knowledge, open up your understanding, light up your path with proper guidance, when you are obedient to the instructions provided. Simply put you have a choice. We, I included myself have to make that individual decision for the respective outcomes described within this book. Remembering that His Word will not return unto Him void.

When we review history and do not try to ignore or hide its truth. All roads will lead back to the truth of the scriptures provided by God for mankind. Providing wisdom, knowledge and understanding with the greatest insight one will ever receive. Learn and recognize God's truth, repel from man's lies to avoid hardship and grief, also refrain from distraction losing God's intended path for your life, because you allowed yourself to be misled directed down the wrong pathway which leads to destruction. You can verify this statement by so many historical factors which illustrate the same result and diminished success.

To understand where you go from here it is imperative that you establish and lock on to your relationship with God. Pray, meditate and study your Word of God as if your life depends on it. Because it does current and in the future. Having that intimate relationship with the Holy Spirit will lead you to God's purpose as described in the passage of scripture in Jeremiah 29:11 For I know the thoughts I think towards you saith the Lord thoughts of peace and not of evil to give you an expected end. When you can embrace the splendor of God's impact on your life you can rest in Him.

Demonstrating to others that when we are transformed by the renewing of our minds. We prove God's Word as true by showing the benefits of what is that good and acceptable perfect Will of God through our obedience. This makes us all more reliable and effective witness for the Kingdom of God.

Health and Wellness Reflections

Sgt. Nate Griffin of Sgt. Nate Fitness LLC

As we wind down 2024, let's take a moment to reflect on our health and wellness during this past year. For some, the goal may have been to lose weight. There are some who had the goal of gaining weight. Yes, those people do exist. There are others who desired to begin a more healthy lifestyle and restore their health to as optimal a level as possible. Maybe you are of the group who wanted to begin an exercise program that was more sustainable. The list can go on and on. At the end of the day, we all want to achieve optimal health and wellness in this life, and in the life to come, eternal life through Christ. However, we need more than just a desire. The scriptures say, "Faith without works is dead"- James 2:17



Let me start by saying this. There is no need to feel guilty or be hard on yourself about how poorly you feel you may have done this year. For many who are not gym rats, like myself, it can be difficult to not only start a wellness program. But it can be as equally difficult to stick with it. Many will not come to appreciate the benefits of a solid fitness program until their health fails them. That can be a terrible gamble. This is because many do not get a second chance to choose their meals or exercise better due to the severity of the illness. It is far better to strike while the iron is hot.

Over the years, 34 to be exact, as a US Army Medical Specialist and health and Wellness Specialist. I have seen patients who have been given news concerning their health and that they are in complete kidney failure, or they are now type 2 diabetic, or they had a stroke and will be forever incapacitated and bound to a wheel chair for the remainder of their lives. And many other horrible news that causes them to reflect on how they could have avoided this had they taken their health more seriously. When they're young, they feel a (false) sense of invincibility. Reality has way of humbling them all when they begin to run out of years and the bill for living an unhealthy life comes due. And believe me, they will pay.



Walk with me! For the many who find it unpleasant and even emotionally painful to workout. I would like to recommend some possible alternatives. With the objective of staying active as your focus. This may help to get started and possibly increase in variety and intensity of exercises as you go along. You can start with going for a 15 -20- minute walk after your breakfast, lunch, and dinner. There is a plethora of benefits to this subtle form of exercising. These range from regulating your blood sugar to keeping you from being sedentary especially after eating. Plus, since you do this every day, you need not worry about special equipment. You just go for a walk. It is even better if you're able to walk with someone. This way, you have the added support of getting through the tuff times when laziness kicks in. Another approach is dancing. Yes, dancing. This is good for cardio and mobility. You remember all those crazy moves you used to do back "in-da-day" when no one could get you off the dance floor while you'd throw down some of the lates moves of the era. Again, this will help you work on some mobility moves you may have gotten away from due to lack of movement. The last is a little more dramatic, but, effective when diligently adhered to. This is group exercise classes. This will give you the professional observation, class support and accountability you need to stick to a wellness program. All major gyms have a variety of group X classes. You can also learn proper lifting and movement with attention to details and proper forms.



and technic. There are many classes to choose from. Aqua Fitness, Zumba, Tai Chi, Silver Sneakers, Circuit Training, Kick Boxing, and the list goes on and on. Look around to find the system that works best for you and the goal you have set before you. There are many age-specific classes available too. If extreme fitness is not your thing, then, try one of the many less intimidating workouts around. Once you do, aim to stick to it, even after you've reached your goal. We are looking to establish a more-healthy lifestyle and stick to it.

Is there a doctor in the house? Along with a solid exercise program. You're going to need the service of your primary physician to offer their medical assessment of your fitness conditioning. It's from this finding, you will be able to tell if the program you have been following, is solid. Based on the type of health insurance you have you are subject to a certain amount of coverage under that plan. When you go in for your checkups. Have your questions ready and loaded. Ask about your family history and if there are anything red flags you should be made aware of and what you can do to offset them

If you're like many others who, this year had encountered some major success, regardless of how small it may seem to you. Give yourself bonus points for that. You did well.

As we prepare to move in to the new year. Reflect on your success and failures. Ask yourself what have you learned through both. Dust yourself off, regroup, refocus, and then, return to the game of winning. You have been made the steward of God's temple. It is up to you to take care of it. You can do it, you will do it, get it done!

Have a great new year and Lord willing, I'll be back in January. Soldier on!

To Understand Where We Go From Here

Dr. C.A. Dangerfield II

The book of Proverbs is a powerful and insightful book full of wisdom and knowledge. When embraced it will enhance your knowledge, open up your understanding, light up your path with proper guidance, when you are obedient to the instructions provided. Simply put you have a choice. We, I included myself have to make that individual decision for the respective outcomes described within this book. Remembering that His Word will not return unto Him void.

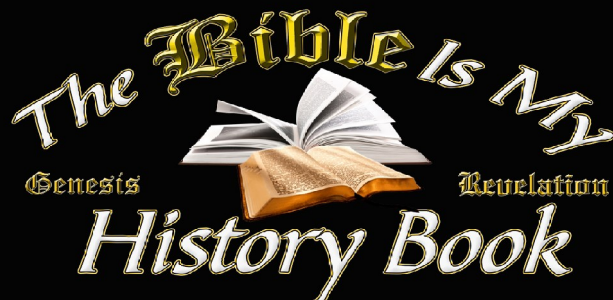
When we review history and do not try to ignore or hide its truth. All roads will lead back to the truth of the scriptures provided by God for mankind. Providing wisdom, knowledge and understanding with the greatest insight one will ever receive. Learn and recognize God's truth, repel from man's lies to avoid hardship and grief, also refrain from distraction losing God's intended path for your life, because you allowed yourself to be misled directed down the wrong pathway which leads to destruction. You can verify this statement by so many historical factors which illustrate the same result and diminished success.

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When We Don't Follow the Instructions of God

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 your understanding and enhance your wisdom.



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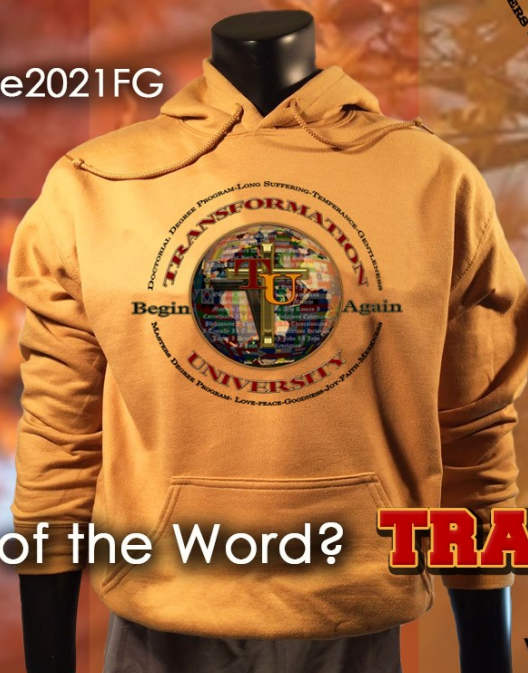
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Familia Vega in Missions

NEWSLETTER



Hope Found in a Home

What does "homeless" look like to you? Is it man on a park bench, covered by newspaper? Maybe a tent in an alley? A pile of old blankets under a bridge? Sure!

How about a wobbly shack made from corrugated metal and crooked branches? One that gets filled with water every time it rains and shakes in wind? This is the norm in the community we've been working in. At the end of October, we helped host a conference for the mercy ministry, Homes of Hope, that ended with the building of two houses. Uzi was a part of building one for a beautiful little family, Roxana and Milton.

"I (Uzi) started getting to know Milton in the King's Table ministry. He was always quiet, polite, and grateful. One day I asked him what he wanted to do when he grows up? He excitedly declared that he wants to be an accountant, so sure of himself and his goals!" Later we got to know Roxana, who told us that God spoke to her that she would have her own house one day. That was 20 years ago, but she held on tight to that promise! We were so excited to hear they were chosen to receive a home! During the build, both were

so attentive; bringing water to the workers, holding ladders and tools, and painting trim. All involved were blessed by this home!

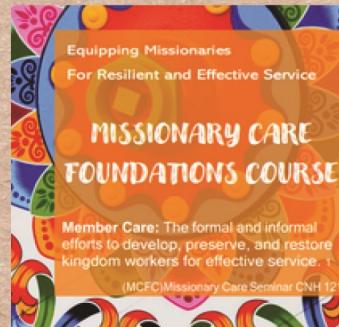


We had a small celebration for the English class participants. They all worked so hard and we are so proud of them for their progress and commitment!

NEXT YEAR

As most of you probably already know, we are looking forward to having a baby boy in our arms in March! After much thought and prayer we have decided to return to Virginia for the birth and a short time of adjusting. We will be leaving El Salvador late January and plan to be in the States for six months to a year.

For next year we also have the dates and location of the Missionary Care Foundations Course (MCFC) that was postponed. We are so excited about this course and are looking forward to it! It will be three weeks of September in Mazatlan, Mexico.



PRAY FOR US

- For continued good health.
- For this last month of ministry with Ywam San Salvador
- For time to spend with Uzi's family
- For our finances--we have an estimate of **\$4500** to finish our time here and get us back to the US. Our current recurring monthly support is only **\$470**. Please consider supporting us with a monthly amount or one-time gift!

COMING UP!

- Outreach to rural Chelatenango, gifting shoes to kids in need (shoes pictured above!)
- We will be background support staff for the SST (Saved to Serve and Transform) running from Nov. 23 to Dec. 7
- Bible Week (like a VBS) for the kids in the community mid December
- Last day with the base before they close for the year is December 15th!



WITH LOVE,
UZI, BETHANY,
ISAAC, & TOBIAS

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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Something to Consider

Ask yourself honestly can you participate in a conversation and actively listen to another person without interrupting? Allowing them to communicate what is on their mind without anticipating or jumping to conclusions of what might be said? Or do you possess the spirit, attitude or opinion that their thoughts don't matter because you know?

Have you considered that this maybe an area of contention with others, because it comes off as a lack of respect. In the scriptures in Proverbs, it teaches us that in all thy getting get an understanding. How is this possible? When the only understanding you, desire is your own. Ask yourself is it based on a opinion or experienced facts?

How we communicate our responses demonstrates our character and also can hinder our personal effectiveness with others. We could possess valid and help information that could have a positive impact. But the drawback is all within our delivery. How is your presentation? Communications is a two-way street, and we must learn to effectively dialog in order to impactful. The bullying approaches are ineffective because eventually they kill and destroy relationship. Depending on how big and deep the void is you may not be able to close the gap. Until pride, entitlement and even envy are removed.

Have you ever stopped to think that God had a purpose for connections to bring about a greater impact? But because of self-centered thinking. A door was left open for the tactics of divide and conquer, because otherwise there would be success and who's going to get the credit? Because we allow the fog to creep in, we lose sight of what God had shown us, and everything start to head in the wrong direction. Scriptures again instruct us to watch as well as pray. There is a divine order and purpose with these instructions. But it appears that we lack real understanding that is meant to shelter us from misdirection. Allowing us to stay on course pressing toward the mark of success God intended. Take some time to evaluate yourself and identify where you veer off course.

When we allow our fears to overwhelm us, we remove the control from God who sees everything. Then go wondering off blindly into the darkness headed for a self-created disaster. Trust in the Lord with all your heart and lean not to your own understanding. Then you can be delighted in the success that comes your way.



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