***January 01, 2022***

***THE***

***SigRev***

***PRAISE REPORT***

**Travis Scott/Astroworld: How far down the rabbit hole do you want to go?**

**By Pastor Noe**

Let’s start with the facts. On November 5th, 2021, Travis Scott held a ‘rage’ concert with 50,000 in attendance in Houston, TX. Ten people died; hundreds were injured.

A large crowd of people at a concert

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Travis Scott is currently being sued for over $2 billion on behalf of three hundred victims. Additionally, a $750 million lawsuit is pending with one hundred more attendees expecting to file even more lawsuits.

This should come as no surprise as Travis Scott has not tried to hide, and has even glorified, his satanic / Illuminati (a.k.a. The New World Order) beliefs. The list almost seems endless, and you could lose hours, if not days, following all the evidence.

* His “See ya on the other side” slogan
* Having his crowd flip their middle finger to the sky
* Travis Scott & Drake rapping “I’m Mr. Body Catcher, slaughter gang soul snatcher” on-stage
* Travis has stated that he is a man of god (but does he mean the god of this world? **2Cor 4:4**)
* Regarding the concert presentation and layout
  + The upside-down cross stage walkway being fed into the ‘portal of hell’ symbolized

A large crowd of people in front of a stage with bright lights

Description automatically generated with medium confidence

* + The Travis Scott inflatable head closely resembling (& symbolizing?) souls getting eaten as in the ‘Christ in Limbo’ painting by Hieronymus Bosch

A picture containing person, outdoor, people, crowd

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* + Travis speaking weird harmonic tones over the crowd (as a curse/spell?)
  + Many satanic & hypnotic visual effects & lyrics referencing hell and demons
  + The concert was a few days after Samhain (a.k.a. Halloween) - the ancient festival of death and sacrifice
* Many of his videos and shows having numerous symbols considered to be Illuminati references (e.g. numerology - including gematria and Strongs concordance numbers; hand signs, etc. ) along with Project Monarch Butterfly / MKUltra references

Or we could look at the company that Travis Scott partners with . . .

* Lil Uzi Vert
  + Travis has partnered with the rapper Lil Uzi Vert who has told his audience “you m\*f\*rs have entered the rapture...obviously all y’all m\*f\*rs are going to hell, right with me . . . Oh! You are already here! Oh, I am so sorry you can’t get out. You’re stuck. It’s over. You heard the song a million times and you didn’t even know.”
* The Kardashians
  + In the early 2000s, Kris Jenner attributed her success to witchcraft candles and partnered with Dr. Linda Salvin who calls herself a metaphysical clinician and psychic with powerful healing abilities. Basically, she is a witch.
  + Kim Kardashian who has done vampire blood facials and eats her in placenta in pill form.
  + Kourtney Kardashian posting blood vials of her then boyfriend sending him a post “I want to suck your blood”
  + Kylie Jenner posting a pic of herself naked covered in what looks like blood

Or we could consider the ‘Kardashian curse’ that seems to follow the many famous men in their lives who have seemingly had nothing but trouble since being with a Kardashian woman . . .

* Kim and Damon Thomas
* Kim and Reggie Bush
* Kris and Bruce Jenner
* Khloe and Rashan McCants
* Kim and Kris Humphries
* Kourtney and Scott Disick
* Khloe and Lamar Odom
* Kylie and Tyga
* Khloe and James Harden
* Kim and Kanye West
* Khloe and Tristan Thompson
* Kylie and Travis Scott

This is just some of the information found during my research. There is much more to be uncovered. It is hard to ignore the facts. And obviously there are many opinions on the subject so I am giving mine here as well.

Spiritual warfare, including deliverance ministry, is . . . well spiritual . . . and . . . war-like. That means that many times it is not as black-and-white as people would like. One of satan’s strengths is that he is a deceiver (**1Tim 4:1**). satan does not tell people that he is deceiving them so we should not be surprised when worldly people miss it.

This should not be surprising as even Yeshua/Jesus said . . .

**Mat 13:12** For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath. **13** Therefore speak I to them in parables: because they seeing see not; and hearing they hear not, neither do they understand.

It is not that Yeshua/Jesus doesn’t want people to find Him, but He wants disciples to follow Him for the right reasons and with the right heart.

We also know that satan perverts all that the Bible says. satan does the opposite and twists the spiritual laws to bring forth death (**Genesis 3**, **Romans 7:7-25**).

The enemy does this because there is inherent power in the Word of God - either for blessings or curses (**Deuteronomy 27 & 28**). We must understand that satan is the Father of Lies (**John 8:44**).

When have that knowledge and understanding then we can easily see how satan twists this verse:

**Amo 3:7 Surely** the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets.

For example, as a deliverance minister, I have seen demons inhabit disciples because when they were younger, they were around, as a non-participant, when others were playing with a Ouija board. Since that person didn’t understand spiritual warfare and the power of agreement, the demon took that as an implicit (i.e. hidden, concealed) vow. Why? Because the person did not object to ritual sin that was being done - even if done unknowingly, unwillingly, or just playing around.

So then, if we apply that same logic to the Travis Scott Astroworld fiasco, can we believe that that event could have been a mass ritual?

It has been interesting to see how many sources downplayed this concert as a ritual, or witchcraft as a joke. Especially since it is very easy to find resources on the Internet to engage in all kinds of witchcraft (which I STRONGLY suggest against). Beyonce herself has openly confessed that a demon called ‘Sasha Fierce’ takes over her body during concerts doing moves that she would not normally perform.

Our society, in large part, either embraces or denies the occult and witchcraft despite strong evidence that says otherwise. The dark, ungodly, supernatural can easily be seen in movies, television shows, books, and clothing, but in large part most people are very comfortable with just allowing it to happen. This attitude just emboldens those that do evil to continue in their boldness as we see this boldness of evil growing in our society.

So, it comes to no surprise when I have ministered to people and encounter things such as . . .

* A young musician who could not get a song out of his head. It was not so much the lyrics or the melodies that were bothering him, he said, but rather the ‘frequencies.’ While ministering, we discovered a record producer cursed the music to which he was listening. He had taken the master recording, put it on an altar made of crystals, and enacted a curse.
* Many people having seen ‘adult’ material have had the performer come into their consciousness via a soul-tie. Many times, the material they saw had sex magic curses performed on it via rituals prior to recording. Why? For the person sending the curses to get more fame, power, or money (**1Joh 2:16**).

So, can I easily believe that the Travis Scott Astroworld event was planned and not a series of coincidences? Yes, I can. Was it just fun and games? No, it was not. But that is me.

When we consider the Bible, and we should, verses like these just seem to be more applicable to me these days . . .

**1Cor 2:14** “But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. **15** But he that is spiritual judgeth all things, yet he himself is judged of no man. **16** For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.”

**2Ti 3:2** For men shall be lovers of self, covetous, boasters, proud, blasphemers, disobedient to parents, thankless, wrong-doers,**3** unloving, unforgiving, slanderers, without self-control, fierce, haters of good, **4** betrayers, reckless, puffed up, lovers of pleasure rather than lovers of Elohim,

**5** having a form of reverence but denying its power. And turn away from these!

At the end of the day, it comes down to this: No matter what other people believe, say, or do - what are you going to believe, say, and do?

**Rev 3:15** “I know your works, that you are neither cold nor hot. I would that you were cold or hot. **16** “So, because you are lukewarm, and neither cold nor hot, I am going to vomit you out of My mouth. **17** “Because you say, ‘Rich I am, and I am made rich, and need none at all,’ and do not know that you are wretched, and pitiable, and poor, and blind, and naked.

**“GAYTL:” How Did We Get Here?**

**By Minister Mario Williams**

Atlanta, the ever-growing and changing capital of Georgia, is now home to almost half-a-million people. Known for its active role in the music industry and rich Civil Rights history, our acclaimed city has several nicknames, “The Dirty Dirty,” “The A,” “Hotlanta,” “The Big Peach,” and now “GayTL.” How did we get here?

**The Term “GayTL”**

One popular website coined Atlanta: “The Gay Capitol of the South.” This is perhaps due to the large amount of the people within the LGBTQ (lesbian, gay, bisexual, transgender, queer) community now residing in the city and/or the wide acceptance of homosexuality in the region, as people will not often flock to where they are not welcomed.

A hand holding a sign in front of a building

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***“An estimated 4.2 percent of metro Atlanta's population identify themselves as gay or lesbian, placing the region in the top half of a list of 50 metropolitan areas, according to a Gallup analysis that***[***the New York Times is calling***](http://www.nytimes.com/2015/03/21/upshot/the-metro-areas-with-the-largest-and-smallest-gay-population.html?smid=nytcore-ipad-share&amp;smprod=nytcore-ipad)***the most extensive of its kind.”***

Online, gossip chat boards frequented by African American women blatantly warn of a large amount of “undercover” or “Down-low” African American men in Atlanta. There is much to be said about closeted homosexuality and the accusation/assumption/perception of homosexuality vs truth; however, the vast compilation of testimonies mixed with opinions online only adds to the whispers over the city. A city whose magazine is named “Jezebel.” This, in my opinion, is far from a coincidence.

**Jezebel and Sexual Immorality**

Sexual immorality is from the Greek word *por·neiʹa,*a general term for all unlawful sexual intercourse. It includes adultery, prostitution, sexual relations between unmarried individuals, homosexuality, and bestiality. It is used figuratively in Revelation regarding a religious prostitute called “Babylon the Great” to describe her consorting with the rulers of this world for power and material gain (**Rev 14:8; 17:2; 18:3; Mt 5:32; Ac 15:29; Ga 5:19; Rom 1:26-27**).

Jezebel is the spirit behind sexual immorality (**Rev 2:20-22**). Sodom and Gomorrah are an example of what happens when a city is run by Jezebel:

**2 Peter 2:6** “turning the cities of Sodom and Gomorrah into ashes condemned them with an overthrow, making them an ensample unto those that after should live ungodly”

**Romans 1:26-27** “For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature and likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error which was meet.“

If you’re not familiar with the story of Sodom and Gomorrah, you can find it in **Genesis 19:1-26**. When the spirit of Jezebel dominates your city, spiritual and physical death follow.

Jezebel has been flexing her muscles in Atlanta for years. An example of this is the Freaknik, one the most infamous events of all time in the 90’s. It was a yearly occurrence; calling it a party would be an understatement. This event was beyond wild, full of sex, drugs, drinking, and many other ungodly activities. The event was so large, that at times the Express Way would shut down and you could not enter the city by that route. People would travel the Express Way from all over the country to attend. Rappers have even made songs inspired by Freaknik, inspiring a generation to lasciviousness that still has effects on Atlanta to this day. Although Freaknik may no longer be in existence, it lives on in other forms such as Atlanta’s famous Gay Pride Parades and festivals.

**Gay Acceptance and Civil Rights**

Popular civil rights activists such as John Lewis and Julian Bond have openly supported and linked civil rights with gay rights. Here are a few quotes from John Lewis and Julian Bond themselves on the issue:

“I fought too hard and too long against discrimination based on race and color not to stand up and speak up against discrimination against our gay and lesbian brothers and sisters. I see the right to marriage as a civil rights issue.” - John Lewis

“We ought to be proud of this. Say look what we did. We created a model that other people have followed, and they followed it successfully. Good for us.” -Julian Bond (in reference to the gay rights movement)

I believe it is this view of gay rights that has landed caused LBGTQ issues front and center in politics and has led to the implementation of friendly LBGQT legislation. This has furthered of the comfort and acceptance of this demonic stronghold in the region and in our nation. Georgia’s historical turn from Red to Blue, Conservatives to Liberal, in the 2020 election seems to further confirm a pivotal shift in viewpoints is happening. David Craig, a member of the LBGQT community, said as much himself. He links the Civil Rights Movement, and the well-known Loving case, a historical court case that broke down barriers for bi-racial marriage, to gay rights:

“That is the basis for which we were able to secure our rights today. So in fact, we owe the African-American community and the Loving couple incredible gratitude. And that legacy stems from those fights and those battles. And we are only able to be where we are today because of the civil rights struggle.”

It is because of these views that anyone who disagrees is often viewed as a modern-day supremacist. There is an increasing pressure to conform and accept at the risk of being likened to others who demonstrate hate based on difference. At the root of this is the world’s perception that disapproval means hate. Many have hinted and joked about the increase in sensitivity to offense today. The spirit behind homosexuality appears to be thriving here. There is not enough spiritual resistance, which must start at home.

**Jezebel’s Target: The Youth**

I believe Jezebel has such a stronghold on our youth because while it has never stop fighting, parents have not consistently covered their children in prayer and taught the word of God at home. For many, their only instruction is at church on Sundays. That is not sufficient when they are being indoctrinated at school, through the television, and increasing, video games. Friends also have a large impact. Youth are a lot smarter these days and more mature in the things of the world. They see and understand much more than they are often given credit for. Statistically, many of us are products of our environment, meaning what you are surrounded by you become. The bible says in **1 Corinthians 15:33**: “Do not be deceived: bad company corrupts good character.” I’ll leave you with this food for thought: If there are 7 days in a week and you and your children are only giving God 1 day, how much are you giving to the world/the enemy? If you’re feeding your flesh more than the spirit, then that’s a recipe for corruption and error whether you realize it or not. The devil thrives in ignorance just as the word of God says in **Hosea 4:6:** **“**My people are destroyed for lack of knowledge.”

**What Do We Do Now?**

I believe that the Word of the Lord proves true, and that God’s desire is that all should be saved (**2 Peter 3:9**). The will of the Lord for the city of Atlanta, based on our knowledge of God’s heart, would be change and repentance. Atlanta, we need to wake up, repent, turn our faces to the wall like Hezekiah, then the Lord will be gracious, forgive our sins, and give Atlanta life again. This change and revival to return to the heart of God can be birthed through intercession. The fervent prayer of the righteous avails much (**James 5:16**)! Holy Spirit has spoken of revival in the city of Atlanta to the hearts of many of his people. Atlanta’s motto, is *resurgens,* which translates “to rise again,” as from the ashes of war or “to rise from the dead.” I believe this motto prophesies the heart of God over Atlanta. I believe we will see change and revival in this city. Wake up Atlanta and start fighting back!

**Seek Ye FirstThe Kingdom of Heaven**

**(Part I)**

**By** Kenyatta Reynolds

*Before getting into the topic, it is worth mentioning that the kingdom of heaven and the kingdom of God are used interchangeably throughout the Bible. Both are, in fact, speaking of the same kingdom.*

**Jesus’ Chosen Teaching Method**

**Matthew 13:10 NKJV** “Why do You speak to them in Parables?”

In the Bible, Jesus teaches about the Kingdom of Heaven using parables. A parable is defined as a simple story, told, or written, to teach a moral lesson; an illustration that provides an instructive example using metaphors (Oxford Dictionary).

Jesus used a variety of parables to spread his word from city to city. When questioned about this method by his disciples, Jesus responded:

***Matthew 13:11;13*** 11 Because it has been given to you to know the mysteries of the kingdom of heaven, but to them it has not been given….13 Therefore I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand.

Jesus made it known to his disciples, that although they had been provided the secrets of God’s kingdom, the multitude had not. He chose a different method, using parables, to reach those that are yet to see, hear or understand the workings of his kingdom. This reminds me how one who is more spiritually mature, will learn with a different approach and timing than one just beginning their walk with God. Thus, it is necessary to know your audience and adjust to the teachings they will best comprehend. Through Jesus’ chosen method, interpretation is somewhat simplified for many.

***Matthew 13:14-15*** 14 And in them the prophecy of Isiah is fulfilled, which says: 15 “Hearing you will hear and shall not understand and seeing you will see and not perceive; For the hearts of this people have grown dull. Their ears are hard of hearing,

And their eyes they have closed, lest they should see with their eyes and hear with their ears, lest they should understand with their hearts and turn, So that I should heal them.”

***Matthew 13:34-35*** 34 All these things spake Jesus unto the multitude in parables; and without a parable He did not speak to them, 35 that it might be fulfilled which was spoken by the prophet, saying: “I will open My mouth in parables; I will utter things kept secret from the foundation of the world.”

These scriptures should give us great faith that Jesus intends to heal through his teachings and make the Kingdom of Heaven accessible for all, not just his disciples.

**Defining the Kingdom of Heaven**

***THE PARABLE OF THE HIDDEN TREASURE***

***Matthew 13:44*** Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field.

Jesus compares the Kingdom of Heaven to hidden treasure in a field. Above, we uncovered that Jesus wants to share the workings of his kingdom with all but, if the Kingdom of Heaven is truly like a hidden treasure, we can concur it is hard to find or obtain. I believe the treasure is a believer’s faith in God and all that his Kingdom is said to be. What I take away from this is: the more you seek him, you will find God.

We all have had something we treasured and did not want to part with, so we can also presume that the Kingdom of God is very valuable; so, a believer’s faith in the Kingdom of Heaven is valuable. But is this the only meaning that Jesus intends?

What we know is that because the treasure is hidden, it is not seen by many. It can be inferred that it is difficult to obtain. Likewise, it is implied the Kingdom of God is not easily approachable. The truths of his workings must be sought out with commitment, time, and a yearning to uncover something of great value. A hidden treasure.

It is also necessary to uncover God’s meaning of the field where the hidden treasure lies. The Bible offers a direct explanation of what the field represents:

***Matthew 13:38*** The field is the world

We can now translate: “Again, the Kingdom of Heaven is like treasure hidden in a field,” to: “The Kingdom of Heaven is like those faithful to the truth of God’s workings being difficult to find in the world.”

In this parable, the Kingdom of Heaven is, metaphorically, a “hidden treasure” found in the world. Jesus uses “a man” as another symbol. In reading Jesus’s parables, the “the son of man” reappears and refers to Christ. Assumptively, the man in this parable is Christ.

We can now translate: **“**Again, the Kingdom of Heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field,” to: The Kingdom of Heaven is like those faithful to the truth of God’s workings being difficult to find in the world, and when Christ finds them, he hides them; and in joy he goes and sells all that he has and buys the world in which they live.”

Christ finds the hidden treasure, those that are faithful, in the world. He then gives up all his possessions for a price and buys the world. Otherwise, when he gains a believer, he makes a great sacrifice. The believer is still in the world, just hidden by Christ. I infer this as his way of being joyful: when one turns to seek the Kingdom of Heaven, in return, he does not remove them from the world, but he offers them protection in this world.

***THE PARABLE OF THE PEARL OF GREAT PRICE***

***Matthew 13:45-46* 45** Again**, t**he kingdom of heaven is like a merchant seeking beautiful pearls, 46 who, when he had found one pearl of great price, went and sold all that he had and bought it.

We can now translate: **“**Again, the Kingdom of Heaven is like a merchant seeking beautiful pearls,who, when he had found one pearl of great price, went and sold all that he had and bought it.”

***THE PARABLE OF THE SOWER***

***Matthew 13:3-9*** 3 Then He spoke many things to them in parables, saying: “Behold, a sower went out to sow. 4 And as he sowed, some seed fell by the wayside; and the birds came and devoured them. 5 Some fell on stony places, where they did not have much earth; and they immediately sprang up because they had no depth of earth. 6 But when the sun was up they were scorched, and because they had no root they withered away. 7 And some fell among thorns, and the thorns sprang up and choked them. 8 But others fell on good ground and yielded a crop: some a hundredfold, some sixty, some thirty. 9 He who has ears to hear, let him hear!”

***THE PARABLE OF THE WHEAT AND THE TARES***

***Matthew 13:24-30*** 24 Another parable He put forth to them, saying: “The kingdom of heaven is like a man who sowed good seed in his field; 25 but while men slept, his enemy came and sowed tares among the wheat and went his way. 26 But when the grain had sprouted and produced a crop, then the tares also appeared. 27 So the servants of the owner came and said to him, ‘Sir, did you not sow good seed in your field? How then does it have tares?’ 28 He said to them, ‘An enemy has done this.’ The servants said to him, ‘Do you want us then to go and gather them up?’ 29 But he said, ‘No, lest while you gather up the tares you also uproot the wheat with them. 30 Let both grow together until the harvest, and at the time of harvest I will say to the reapers, “First gather together the tares and bind them in bundles to burn them, but gather the wheat into my barn.”

***THE PARABLE OF THE MUSTARD SEED***

***Matthew 13:31-32*** 31 Another parable He put forth to them, saying: “The kingdom of heaven is like a mustard seed, which a man took and sowed in his field,32 which indeed is the least of all the seeds; but when it is grown it is greater than the herbs and becomes a tree, so that the birds of the air come and nest in its branches.”

***THE PARABLE OF THE LEAVEN***

***Matthew 13:33*** 33 Another parable He spoke to them: “The kingdom of heaven is like leaven, which a woman took and hid in three measures of meal till it was all leavened.”

***THE PARABLE OF THE DRAGNET***

***Matthew 13:47-50*** 47 “Again, the kingdom of heaven is like a dragnet that was cast into the sea and gathered some of every kind,48 which, when it was full, they drew to shore; and they sat down and gathered the good into vessels, but threw the bad away. 49 So it will be at the end of the age. The angels will come forth, separate the wicked from among the just, 50 and cast them into the furnace of fire. There will be wailing and gnashing of teeth.”

The kingdom of God, Jesus replied, is not something people will be able to see and point to. Then came these striking words: “Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.” (Luke 17:21) With these words, Jesus gave voice to a teaching that is universal and timeless.

*Die- to- it*

By Pastor Mark

**“Based on a range of factors including childhood, teenage and adult obesity rates and health effects associated with being overweight, Georgia ranks as one of the 20 "fattest" states in America, according to a review by the consumer research website WalletHub.”**

You ever ask yourself why most diets fail?

I believe that diets are like the majority of things in our lives; when we choose not to invite God into them, we are sending the father a clear message that it is our intyention to handle the issue on our own.

What if this time, you started by humbling yourself and admitted to needing him from the very beginning?

Today, make a list of all the things that have contributed to you not losing weight. List every distraction, stress, weakness…. you know, the kryptonite to your diet. Mine are Doritos and Reese’s’ cups, sitting at my desk while working, and not moving around.

At Sig Rev we believe in the whole bible, as such, let’s ask God in Jesus’ name to help us to be successful with this lifestyle change and to come against everything documented on the above referenced list.

I would say “Lord, I am asking in the name of Jesus to remove my desire for Doritos and Reese’s’ cups. Lord, I am asking that when I set my alarm (once an hour) to walk up and down my staircase at our home, that I do it! Lord, I ask that you remove any stresses in my life that would trigger binge eating.”

There are many factors which may cause your efforts to diet to be unsuccessful. But let’s focus on the only source that will make you successful, Yeshua. Invite him into this lifestyle change. Pray daily that you are not led into temptation, by food or otherwise.

I have had many debates over dieting and weigh loss. There are some that can justify obesity and provide excuses for being overweight due to stresses, genetics….blaa, blaa, blaa. I sincerely acknowledge that these are contributing factors, but on the other hand have decided to own the fact that no one is holding a gun to my head and forcing me to overeat, or eat (Reese’s, Doritos, etc.) anything that is not good for me.

A few years ago, I was on a major health kick and after checking some of their food choices, my friends and family would ask who made you the “fat police.” I would always respond “Beasley, when he died.”

Mike Beasley and I grew up together in the mean streets of “Ruff-Buff” (Buffalo, NY). When we were in our 20’s and 30’s, we ate and drank what we wanted and engaged in many other activities unbecoming to Men of God. Years ago, Mike succumbed to a heart attack, he had high blood pressure, diabetes, and a host of other diseases, many which were directly attributed to obesity.

This is me in 2010/2011:

A person wearing a hat

Description automatically generated with medium confidence A person wearing sunglasses

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(Lost 40lbs)

How?... Why?.... Its easy for me to say that this is when I left a company that I had worked with for 20 years to start my own company. All I did is work and live off fast food when I did eat.

I choose not to offer any excuses and truthfully, decided to eat fried foods, not eat healthily and not exercise. I did it, me, and only chicken wing eating, burger chomping, chip taking, soda drinking, non-exercising me!

I think that Diets fail because we place unrealistic expectations on ourselves. If I were to ask each of you how much weight you could lose in a week if you watched everything you ate, increased your water intake, not eat after 7PM, and walk around the block each day, I would receive answers ranging between 2-10lbs. Even if I removed the walking, many of you would say between 3-5 lbs. Therefore, one could deduce that we don’t lose weight because we do not you watch everything we eat, increase our water intake, and choose to eat after 7PM, etc.

To lose weight, there **must** be sacrifice.

I invite anyone who desires to lose weight in 2022, to join Momma Vee and I as we embark on the ***SigRev*** Health Challenge. I have a proven method to assist you in reaching your health goals:

A picture containing person, wall, indoor, clothing

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(Lost 70 lbs.)

As offered, Diets fail because we place unrealistic expectations on ourselves. On the *SigRev* Health Challenge your weekly weight loss goal will be just lb. I imagine that many are chuckling right now, but I challenge you to think about it like this, with this plan you will be down 52 lbs., by this time next year. Also, remember many of you thought that should you watch everything you eat, increase your water intake, not eat after 7PM, and walk around the block each day, you would lose between 2-10lbs.

So based on this proven formula, if you just averaged 2 lbs. a week, you will be down 40 lbs., by May 20, 2022, just before summer!!!

You sir/madam did not get here “overnight” and it’s not going to take “overnight” to fix it. But you will fix it, in Jesus’ name.

I am only recommending one product; however, it is not a mandatory purchase:

A group of people posing for a photo

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Please do your own research and consult your physician. I have seen major results with this product and for those of you dealing with diabetes, I personally know several people who have had their A1C levels drop. Romans 6:2: May it never be! How shall we who died to sin still live in it? Die to the sins of Gluttony, overindulgence, and making excuses……now, who’s all in?

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