

I'm God's Kid *Manifesto*

*I have come that they may have
life, and have it to the full.*

John 10:10



Claire Leville

Co-Founder Save God's Kids

Hi,
I'm Claire, and this is
Aaliyah, my beautiful
friend and sister In Jesus
Christ.



The Bible is clear that all people are God's creation (Colossians 1:16), and that God loves the entire world (John 3:16), but only those who are born again are children of God (John 1:12; 11:52; Romans 8:16; 1 John 3: 1-10).

I'm God's Kid and that's all the confirmation I will ever need in my life. Because I have accepted His son Jesus Christ as my Lord and Savior, I know that God is always there for me. He never judges me. He loves me unconditionally. He forgives me. And one day He will welcome me into a life of eternal happiness.

When Nancy and I were little, my dad would always ask us about our school day. Once in a while he would mention something that happened at school. He would say "Hey Claire, you fell in gym today, are you alright?" My sister and I would be in awe as to how he knew this, and all he would do was point to God and say, "Your Father told me. He tells me everything." So we grew up knowing that God was our Father and He sees everything we do.

Years later we discovered that dad would sometimes see a friend of ours in town and he would ask them about our day. Then, when he heard something he could use, he would play his game with us. The whole point of this wasn't to make Nancy and me think that our dad had magic powers, it was to instill in our minds that no matter what happens down here, God knows up there. I can't tell you how comforting it is to know that my Father in heaven is always watching over me, while my dad down here is always around.

Like me, your children belong to God. He is the one who made them, and He has a purpose for them, one that you may only be dimly aware of. Your job is to prepare them for life, and then let God bring about that purpose in His way and time. I know this is hard, but you must ask yourself, "Do I trust God to do what is right for my children?" You know you do. You just have to let Him work through you, as He probably is, as long as you are praying hard for His guidance.

You are your child's steward. The Lord has entrusted His precious kids into your care for a very short, but critical period of time in their lives. As their stewards, you are to look after them, encourage them, protect them, nurture and love them. But most important, you are to raise them in His image and nourish their body, mind and spirit so they can live healthy and grow to love and serve their Father in heaven.

The problem today is that too many parents are falling short when caring for their own body, and then they raise God's kids in their image.

Bible verses on raising kids:

Proverbs 22:6 *Train up a child in the way he should go; even when he is old he will not depart from it.*

Genesis 18:19 *For I have chosen him, that he may command his children and his household after him to keep the way of the LORD by doing righteousness and justice, so that the LORD may bring to Abraham what he has promised him.*

Deuteronomy 6:7 *You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.*

Inspirational Quotes for Raising God's Kids

“The family should be a closely knit group. The home should be a self-contained shelter of security; a kind of school where life’s basic lessons are taught; and a kind of church where God is honored; a place where wholesome recreation and simple pleasures are enjoyed.”~ Billy Graham

“A child needs both to be hugged and unhugged. The hug lets her know she is valuable. The unhug lets her know that she is viable. If you’re always shoving your child away, they will cling to you for love. If you’re always holding them closer, they will cling to you for fear.” ~ Polly Berrien Berends

A wise person truly said, “It ought to be as impossible to forget that there is a Christian in the house as it is to forget that there is a ten-year-old boy in it.” ~ Roger J. Squire

"The greatest gifts a father can give his children is to love their mother." – My Dad

We do not develop habits of genuine love automatically. We learn by watching effective role models – most specifically by observing how our parents express love for each other day in and day out.~ Josh McDowell

Let no Christian parents fall into the delusion that Sunday school is intended to ease them of their personal duties. The first and most natural condition of things is for Christian parents to train up their own children in the nurture and admonition of the Lord. ~ Charles Haddon Spurgeon

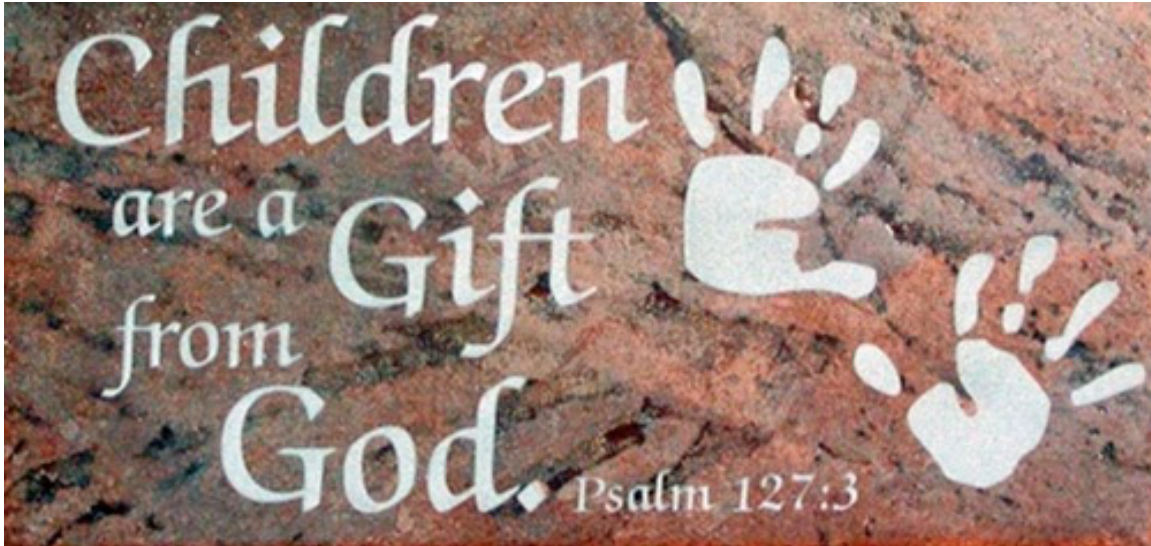
In closing, Save God's Kids is not just about helping you do a better job of raising God's kids, it's also about helping you be a better child of God. As you can see, our friend Nancy D. gets it. And now you do too.

Love and God Blessings

Claire



Save God's Kids is a passionate desire to see every Christian live a healthy physical and spiritual life- just as God intended.



THIS IS THE ISSUE! It seems that most parents have forgotten that children truly are a gift from God, and the way they raise their children is how they will be judged. Today, the overwhelming majority of parents, even most Christian parents, are raising their children in their image and not in God's. As a result, families are going to church less often, they are not loving their neighbor, they're not doing enough to help those in need AND THEY ARE NOT EATING ENOUGH OF GOD'S NOURISHING FOODS. God's Kids have become both physically and spiritually malnourished.

What We Believe

Any Christian who is serious about his or her faith understands that Christianity doesn't only exist for a few hours a week. Following Christ is a life- altering decision, and there are many aspects of a Christian's personal life that are a reflection of that decision. What movies and television shows you watch, your friends, what you do with your money, and how you raise your kids are just some of the things that Christians evaluate in light of their relationship with Jesus Christ.

The truth is, everything in a Christian's life ought to reflect the change resulting from a commitment to following Jesus. Lifestyle choices, for true Christ-followers, are made in the light of their faith. If something is detrimental to his or her physical, mental, or spiritual state; or that of their child, a Christian knows to stay away from it. A Christian parent would never condone their children watching a movie with graphic sexuality, or associate with kids who are a bad influence because they know this can affect their relationship with God and Paul therefore advises all Christians to choose their friends carefully (2 Corinthians 6:14).

Even though Christians know that their relationship with the Lord should directly influence every aspect of their lives, which is not always the case. To have a right relationship with Jesus Christ means to let Him guide your life, at every turn. Even such simple decisions as what your family should wear each day or when to have a quiet time have biblical foundations (1 Peter 3:3, Psalm 5:3). With that in mind, it is astonishing that so many Christians assume that there aren't any scriptural guidelines they need to follow for their diet, and consequently eat whatever they want. Even foods clearly influenced by the *enemy* in that they are designed to destroy His temple.

The problems with this mindset are readily apparent. The Bible tells us all that we are to keep our minds pure: "For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness (Mark 7:21-22)." Christians are called to fill their minds only with what is "excellent or praiseworthy (Philippians 4:8)," and to "fix their thoughts on Jesus (Hebrews 3:1)." If we as followers of Christ are to keep ourselves mentally pure, it is equally true that we are to do what we can to keep our bodies pure as well. I believe that building these values into our children is the most important aspect of raising a child, as this is how we were raised.

Why is it that Christians in America make such a big deal about the quality of the movies they watch, but could hardly care less about the kinds of food they eat? When did American Christianity leave nutrition and health by the wayside?



Unfortunately, with the amazing wealth of food available in America today, Christians face a culinary overload when wondering what to eat for a meal. It is generally understood that high fat content and excess calories are to be avoided, but aside from that, most people don't pay much attention to what they are putting into their bodies- His temple. To be honest, looking at the state of our health, most Christians probably don't even think it matters all that much. Sure, no one is going to go out and intentionally eat unhealthy foods for the purpose of ruining their body, but for the lack of concern about nutritional value they might as well. In defense of people who are overweight and yet can't seem to stop eating the foods they know are fattening, these foods have proven to be every bit as addictive as cocaine and alcohol. Processed foods companies are creating food-like products that are packed with sugar, sodium and chemicals that send signals to eat more and more.

However, it's important to understand that eating unhealthy foods can be just as bad for a Christian's spiritual life as entertaining impure thoughts. God created the human body to be in His own image, and filling our bodies with foods we know to be bad for us is disrespecting to the image of the divine within us. On top of that, Paul writes in 1 Corinthians 6:19 that our bodies are temples of the Holy Spirit. In the times that the

physical Temple existed in Jerusalem, no pious Jew would have dreamed of doing anything to desecrate that sacred building. God demanded respect for His earthly house, and only the best was fit to be sacrificed within its walls. When Jesus entered Jerusalem and went to the Temple, he drove out the moneylenders and faithless people who polluted its courts. The Bible gives us a very clear image of what the Temple ought to be like, and when the Holy Spirit enters a Christian, that person must keep his or her body just as God demanded the Temple to be kept.

Continuing with Paul's letter to the Corinthians, we are told that our bodies are not our own, but rather that they belong to Christ. Closing out verse 20, Paul stresses that Christians are to glorify God in their bodies, something that is very hard to do for someone who is obese or has developed diet-related diseases such as heart disease, hypertension, type 2 diabetes or high cholesterol. What's criminal is that these same diseases are now developing in God's kids. In fact, kids as young as eight are developing heart disease and diabetes, and 40% of all new cases of ADULT Onset Type 2 Diabetes are being diagnosed in KIDS under eighteen. As a result, these kids will live approximately 6 fewer years and will have fourteen fewer years of quality life.

There have been studies conducted in America concluding that the heaviest Americans are those who sit in pews of Christian churches. (George Barna, Purdue University 2006) Many Christians focus on removing obvious areas of sin and temptation from their lives, but unfortunately they fail to remove the temptation of overeating foods that cause disease and poor health. Perhaps Christians in America feel there is so much they need to combat in their lives each day that they let something small like a poor diet slip from their scopes, but the fact of the matter is that an unhealthy body does not glorify God!

A 2006 Purdue study found that the fundamental Christians are by far the heaviest of all religious groups led by the Baptists with a 30% obesity rate compared with Jews at 1%, Buddhists and Hindus at 0.7%. This study prompted the lead researcher, Ken Ferraro to say, ***“America is becoming a nation of gluttony and obesity and churches are a feeding ground for this problem.”***

Similarly, a 2011 Northwestern University study tracking 3,433 men and women for 18 years found that young adults who attend church or a bible study once a week are 50% more likely to be obese.

The Pawtucket Heart Health Program found that people who attended church were more likely than non-church members to be 20 percent overweight and have higher cholesterol and blood pressure numbers.

Something important for all Christians to remember is that God is the owner of each of our bodies. As with all things in Creation, God made every single one of us. As our creator, He possesses the inalienable rights to our physical (and spiritual) selves. He has given us our bodies to use during our lives in this world, but that means that when it comes to our own bodies, we are merely stewards. At any time, God can demand our body of us, and we have no choice but to surrender it to Him. As Christians, we want our bodies to be kept as best as we can, so that they can be of useful service should God need them.

Matthew 25:14-30 tells the parable of the talents; a story about servants who are entrusted with varying sums of money while the master is away. Our bodies are like the talents given to the servants – we can either let them go to waste, or we can invest in them, taking care of them and earn unexpected rewards.

As the parable illustrates, being a good steward means more than just holding on to something. To be a good steward of the body that God has given you, you must do your best to take care of it. God did not entrust each one of us with a physical body so that we can try to run it into the ground over the course of our lives. It is important to realize that it isn't just a lifestyle of promiscuity and drug abuse that can destroy a body, a life spent eating harmful foods and failing to exercise sufficiently can lead to numerous chronic diseases, poor quality of life and a shortened lifespan. If we do any of those things, we will not hear a resounding, "Well done, good and faithful servant" when God reclaims

our bodies. Rather, someone who spent their life eating junk food and slowly (or quickly) ruining their body will have to explain their behavior to God at the end of days.

And, we are taking our children down this path. In fact, the health of our nation's kids has become so bad, that in 2006 the US Center for Disease Control (CDC) *predicted this generation of children would be the first in America's history NOT to live as long as their parents.* The *enemy* is at work destroying even future generations of Christians.

Most American Christians likely think they are eating well and honoring God with their bodies. Many Christians probably do diets every now and then to try to trim off some excess weight, and if they put a few pounds on around the holidays, that always helps provide some motivation to make and keep a New Year's resolution. All Americans are raised learning the food pyramid, however, research has shown that if a person were to eat the USDA food pyramid, they would have a difficult time getting their cholesterol below 250. The USDA is a government agency that is controlled by the meat and dairy industry. Do you think care about your health, or insuring that these industries continue to thrive?



Everyone knows they are supposed to eat lots of fruits and vegetables. Even restaurants are posting calories next to their items. Yet, we continue to get bigger and sicker as a nation. In

fact, the average weight of an American adult has increased 27 pounds in just the past 40-years. The average weight of a twelve- year-old child has increased 10 pounds. And Christians are leading the way.

Why is it that the typical American Christian doesn't have a better diet than the typical American non-Christian? Not surprisingly, our culture plays a key role in the health crisis faced by the Christian church in America. For many people, eating right is a chore, something that they know they ought to do but don't really feel compelled to get started. After all, doesn't it seem as though the question of what kinds of foods to eat should be the last thing a Christian worries about?

The problem with thinking that way is that it compartmentalizes different areas of a Christian's life. Again and again, Christ calls His followers to practice discipline in their lives, particularly in difficult circumstances. It can be a daunting challenge to dedicate yourself to a drastically new lifestyle, but discipline in eating what God wants you to will serve you well in other areas of your spiritual walk.

There are many parts of the American culture that Christians must learn to reject. Increasingly, America is becoming a place where traditional Christian values are no longer the norm, but the mainstream cultural issues are topics that Christians are well aware of. Where Christians really need to be on their toes are the areas of their lives that they don't think have any bearing on their faith. Unfortunately, food is an issue that is almost entirely neglected by the Church in America – we are blessed with plenty, so we assume we are free to enjoy God's provisions. It can be extremely difficult to have discipline to change something that society tells you is just fine: it's ok to eat processed foods; it's normal to only get 1, *maybe* 2 servings of fruits and vegetables a day; it's not a big problem to have a few extra pounds here and there. Remember, though – God requires discipline and sacrifice from His children, in their whole lives!

Where almost all Christians can agree (and everyone else must learn to agree with this quickly!) is that eating whatever we want whenever we want is, simply put, giving in to the desires of the flesh. Now, God gave us our bodies and on their own they know what they need to properly function, but with the modern American diet we don't eat when we need to, we eat when we want to.

Christians have so many different types of food available to them in America, and though we know we are called to be apart from this world (John 17:16, Romans 12:2), it is so tempting and tasty to participate in the world a little more than we ought to. Knowing that we are to strive to be holier than the world around us, Christians must deny themselves the foods that they know to be detrimental to their bodies, and they must also make an effort to learn what sorts of foods God actually intends them to be eating.

There is one big spiritual danger in particular that comes of eating the “American way.” As Christians eat more and more, easily getting their fill whenever they want, they no longer realize that God is the one who puts food on the table. True, most Christians will pray before a meal and thank God for the meal they are about to eat, but that can easily become a habit rather than a heartfelt offering of thanks and an awareness that their meal really comes from God. Most Christians in America have available to them all the food they could ever want, and it shows. Processed foods may taste good, but they are low in nutrients and require you to eat more in order to feel satisfied. Christians fail to use discipline in their eating habits, and consequently they overeat and put on pound after pound.

There is a biblical precedent for this behavior, but the American church does not realize it: “But Jeshurun [Israel] grew fat, and kicked; you grew fat, stout, and sleek; then he forsook God who made him and scoffed at the Rock of his salvation (Deuteronomy 32:15).” As Christians become increasingly overweight, they come to rely on their next meal much more than on their Creator and Savior. When we become satisfied with food rather than with God, it becomes our new god. It is far too easy to become enamored, even obsessed, with food, and it is important for Christians not to begin going down that path.

This is not to say that you cannot enjoy food as a Christian. Like all things that God created, food is inherently good. The problem comes when we eat things that negatively affect our body and promote over-consumption. We unwittingly train our bodies to be accustomed to poor quality foods, and it becomes harder and harder to eat the foods that

God designed for us. Our minds don't recognize truly good foods as good, and coupled with the American culinary culture, we believe the lie that nutritionally lacking foods are what we ought to eat.

Once your mind and taste buds have been trained to enjoy unhealthy foods, those become the foods you crave. Churches, unfortunately, help people slide down this slippery slope. Pot-luck lunches after a Sunday worship service are full of foods that are weighing Christians down – pasta salad, lasagna, chips and dip, brownies and seven-layer bars are foods that Christians ought to stay away from, but instead of rejecting these fatty, unhealthy meals, churches promote them! Imagine the positive affect it would have on the congregation if all foods served in church were only foods that are *manufactured by God*: fruits, vegetables, beans, nuts, seeds and organic animal products.

Aside from subconsciously training their taste buds, when Christians eat whatever they want they subconsciously train their minds to believe that they can do whatever they want. Obviously, this is not the way a Christian ought to think! The Bible clearly tells Christians that while they live in the flesh, they are not to live according to “human passions,” but rather they must live according to the will of God (1 Peter 4:1-2). If in any area of a Christian's life they allow themselves to make a choice contrary to the will of God, that is undeniably a sin. When you willingly choose to sin, knowing the right choice and going the other way simply because you want to, you've got some spiritual cleaning up to do.

Granted, everyone sins, and it is for that reason that Christ died for us all. However, just because we know that humans have a sinful nature doesn't mean Christians get a free pass to sin all they want. We are even more accountable to try to lead blameless lives, because we know the gravity of Christ's sacrifice on our behalf. Christians are called by God to be holy as He is holy, which is a mighty and daunting task. Thankfully, we have Christ on our side sanctifying us, but still we need to do our best, as flawed creatures, to steer clear of sin. That is as true for eating habits as it is for anything else.

Christians might think that there isn't really much precedence for sin resulting from diet, aside from the Levitical dietary laws given in the Pentateuch. However, there is one major event in the Bible that centers on a "food sin" and has nothing to do with eating "unclean" food as listed in the Books of the Law. In the beginning, God created the whole world, plants, animals and humans. He gave the humans only one rule to follow, and that rule was about what not to eat. There isn't a Christian who ever lived who doesn't know what happened soon after that rule was pronounced.

It isn't very surprising that Christians in America, and even worldwide, for that matter, struggle so much with what they eat. In the Garden of Eden, Adam and Eve had all that they could want. God had created the whole world and given it to them, and you can be sure that God provided them with the best food to sustain their new bodies. It was, after all, a perfect environment, freshly hand-crafted by the Lord Himself.

Despite having all they could want, all they could possibly need, Eve listened to the words of the serpent and decided that she wanted something she knew she shouldn't have. She decided that she wanted to eat the fruit from the tree of the knowledge of good and evil, even though she knew that to do so was contrary to God's will and command. Once that seed had been planted in her mind, it was too difficult to resist eating that tree's fruit. As she picked and ate that piece of fruit sin entered the world, and as the bite she took went into her body, sin followed it into her being and rooted itself in the souls of the human race.

You might think it a bit over the top to compare eating unhealthy foods with the fall of mankind, but the principle remains the same in all the situations. When we know that we are eating something that God doesn't want us to eat, we are simply giving into our sinful desires.

What really doesn't make any sense is that the "health food" industry has grown so enormous in the United States. Clearly many people in our country realize that proper health and nutrition is important, but they spend their money on calorie counting frozen

meals. To look at the ingredient labels on some of these foods really makes you wonder how it can be called a “health food” at all! Time and time again, people are making the same mistake. It is one thing for American culture to buy into the lie that these processed foods are healthy, but Christians ought to know better.

When God created the world, He didn’t fill it with pre-packaged, refined food, and yet the first humans had everything they needed to not only survive, but also flourish! Why is it, then, that Christians who know this to be true continue to eat as though they believe that humans can create better, healthier food than God already has?

On day 3 of creation, and again in Genesis 1:29, God tells Adam and Eve what he has created for their food, and it is by no means a paltry collection. This single verse ought to provide the guideline for the dietary plans for every single Christian. Except for the tree of the knowledge of good and evil, He provided them with “every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit.”

This food, the diet that God created in a perfect world for humanity, ought to be our example for what we should eat in our lives today. It is hard to break with the foods that our culture tells us we ought to eat because in America, processed foods loaded with fat, sugar and sodium are the overwhelming majority. In fact, foods influenced by the enemy make up 63% of the standard American diet. Grocery stores are getting larger all the time, and they all have aisle after aisle of food that responsible Christians should have nothing to do with. God says that we can thrive, let alone survive, on the things that He originally created for us to eat, so we should trust His word and try to eat only the things that God intended us to.

That verse in Genesis doesn’t make any mention of eating meat – animals are actually not given to humanity as food until well after Creation. It is not until after the Flood when Noah and his family leave the ark that God gives them permission to eat animals as well (Genesis 9:3). God sent the flood upon the earth because of the immense influence of sin, when His creation had already been horribly marred by evil. All of the animals on the earth had been in the ark with Noah and his family, and so the remnant of humanity knew

how important the animals were to God. Having the same animals they had saved become their food must have been something that made a deep impression on Noah's family – it was a tangible example of how thoroughly God's creation had been corrupted by sin.

Additionally, God may have given animals as food for the people because the flood had temporarily wiped out any edible vegetation. In any case, meat was not meant to become the new main source of food for humans. God makes it clear in Genesis 9:3 that animals were to be a *supplemental* source of food, not a replacement of their plant-based diet. Plants were still to remain as a main part of their eating plans.

The problem for many people here, though, is that God gave people the option to eat meat. Why, then, does Save God's Kids say that eating a diet heavy in meat and animal products is bad for you?

1 Corinthians 6:12 has an appropriate response to this question: “‘All things are lawful for me,’ but not all things are helpful.” Simply because we are given the freedom to do something doesn't mean that we should do it. God does not give Christians a laundry list of restrictions, and He is not going to force us to live a certain way. When God created mankind He made us all with free will, and although that free will has led us astray many times God wants us to be able to freely choose the right options, rather than act only out of compulsion. However, even though God doesn't force us to do things a certain way – the best way – He gives us examples so that we can know what the right thing is to do.

“Because I can” is not an acceptable reason to do something, especially not a Christian. Our decisions must be rooted in the Bible and in our faith in Christ. Thankfully, the Bible is the greatest guidebook Christians can have. As God created the Scriptures, he knew we might need assistance in recognizing the best options for our lives, and the question of what to eat is no different than any other issue a Christian might have concerns about.

God did not only tell us what the best foods to eat are and leave it at that, He also gave us evidence that His diet plan is the way we ought to be eating. In Daniel chapter 1, Daniel

and his friends Hananiah, Mishael and Azariah (who might be more familiar as Shadrach, Meshach and Abednego) are taken to Babylon during the period of Judah's exile. Nebuchadnezzar gives them, and the other boys taken at the same time, portions of the royal food to eat. This was the same food as that which Nebuchadnezzar, the king, was eating, so it was very rich, and by the standards of the time, very good. In fact, it would have been considered the best food they could have been eating.



The four boys decided they did not want to defile themselves with the food of the king, so they petitioned to be allowed to eat only vegetables and drink only water for ten days. The period of ten days was set as a test – the servant set over these four boys was afraid they would be unhealthy and weak as a result of their vegetarian diet, so he wanted to see how they were doing after ten days of this diet. The result of the test? Ten days later, having had nothing to eat and drink but vegetables and water, Daniel and his friends were found to be looking healthier overall compared to the boys who had been eating the rich diet of the king.

God wants only the best for us all, and He would not have provided us with food that did not fulfill all of our bodies' nutritional needs! It is high time that Christians in America stop eating according to the culture around them, but according to what God's will is for us. American Christians need to realize and implement one resounding truth of Christianity: When you become a Christian, you invite Jesus into your life to change you entirely. You can't hold anything back from Christ and still honestly claim to follow Him. That means that the question of what to eat is of the same importance as any other question in the life of a Christian.

Obedying God's will in our lives clearly has eternal significance, but it also can have an earthly, physical impact. When you treat your body as God intends you to treat it, putting nothing but His best food into it, you will come to a level of health that you probably haven't experienced throughout your entire life. God created our bodies with incredible capacities, and if you eat what God created for you to eat, then your body has the God-given power to heal itself. All it takes is proper care – nutrient rich diet and regular exercise.

For ever, we have known that fruits and vegetables are the healthiest foods, but, now we know precisely what in God's beautiful foods make them so nourishing and healing. God created thousands of elements that scientists now call *phytonutrients*. These miraculous elements have the power to both prevent and cure diet-related chronic conditions such as hypertension, heart disease, diabetes, high cholesterol and a host of other ailments. It is only when the body is devoid of these vital nutrients do such diseases occur. The USDA estimates 80% of Americans don't get the minimum daily requirement of such nutrients.

If you do take care of your body in the way that He created it to live, it will always be at peak readiness, prepared for whatever God calls upon it for. Every Christian ought to want to serve God however they are called to serve, and so we need to do our part to ensure that our bodies are set to take on whatever God asks us to do.

God wants His children to thrive, not waddle through their life on earth going from one illness to the next. He did not create our bodies overweight, but more and more that is how our bodies are. Even though we claim to love God and honor His will, we are disrespecting the gifts that He gives us by letting them go to waste, much like the servant branded as “wicked and slothful” in the parable of the talents. Do you want to be wicked and slothful in God’s eyes, or do you want to make the most of what He has given you and put it to work?

It is important to remind you of the following: Save God’s Kids is not about depriving you of your favorite foods for the sake of losing a few pounds. We believe that it is of the utmost importance for you to follow God’s diet plan for your body. This information will help you lose weight and fight numerous “incurable” diseases, but that isn’t the point of Day 3. The changes we want you to make in your diet will put your body on track to be the body God intended you to have – not the body society says you should have. Don’t go into this simply wanting to look good in a swimsuit, go into it with the desire to please God and glorify Him in your body!

Save God’s Kids is all about honoring God and treasuring what He has given you. Christians need to realize that proper care of your physical body is not something to let slip by the wayside in pursuit of spiritual maturity. Remember what the master said to the servants who had faithfully managed their talents during his absence: “You have been faithful over a little; I will set you over much (Matthew 25:21,23).” Again, it is reiterated in verse 29 of the same chapter: “For to everyone who has more will be given, and he will have an abundance.” God wants us to thrive, and when we prove that we can be trusted with little, such as a body, something that every human has been given, then God will trust us with more. Let us all be like those first servants, who cared so well for what they had been given that they were given twice that, and more beside!

God calls each one of us out of the darkness into His marvelous light (1 Peter 2:9). The darkness that we each live in before accepting Christ’s graceful gift of redemption is all encompassing – spiritually, emotionally and physically. However, even after finding

salvation with Jesus, too many Christians remain physically enslaved to this world. We must all learn to keep God's plan for our bodies, and then every Christian can enjoy the freedom that comes from faithfully following our Lord and Master.

Living the Save God's Kids plan isn't always going to be easy, though. Anyone who has lived in pursuit of Christ for any length of time knows that the Christian life is often far from easy. It requires sacrifice and devotion, and a complete reliance upon God. If you trust in yourself, you will fail, but trust in God and you will succeed.

Proverbs 16:3 says, "Commit your work to the Lord, and your plans will be established." Make a prayerful commitment with God to live physically as He wants you to, eating the foods that He designed for your body's peak performance. There will be challenges, but if you trust in God He will honor your efforts.

Save God's Kids has developed a program for kids and individual nutrition plans and numerous resources that will support your transformation. We want you to be well prepared as you enter into this commitment for your health, so please read the Save God's Kids Guide as it will provide the foundation you need to heal your body.

In the back of the guide are the Four Cornerstones of a healthy Christian diet; salads, smoothies, beans and vegetables. Building these four simple elements into your life will enable you to honor God with your body. We also recommend that you have an accountability partner as you begin this journey, because it can be all too easy to slip a snack from the pantry if you don't have someone working with you.

Above all, we want you to keep your focus on God! If you do, the rest of the pieces will easily fall into place. He will give you strength to resist temptation, and He will guide your body back to the natural state He created it for.

It's time to start a health movement in our church beginning with you and your family.

May God Bless You and Provide Eternal Health.

