



CROSSIN' THE GULF
MINISTRIES CHURCH

August 2024

“Honoring The Temple of God”

Dear Partner,

Hello Partners, Family, and Friends. It's with great pleasure, excitement, and deep gratitude that I write this partner letter to you. The well-being of people is the heart of Crossin' The Gulf Ministries Church Int'l, and to accomplish that, knowing that man is a 3-part being, it is our endeavor to help man (male and female) develop a healthy spirit, a healthy soul, and a healthy body. In our previous letters, we began with and discussed at length how to develop a healthy spirit. If you remember, we shared that as the body needs physical food to grow and develop, so does our spirit need spiritual nourishment - The Word of the Living God. A strong spirit nourished on the Wisdom of God will produce a strong body that can withstand the tests of the environment and time (Proverbs 18:14).

We will now discuss, from The Word, how to develop a body that can experience, not just healings, but divine health. I will share with you not just what I discovered by learning, but by what I've had to prove in my own body when faced with life threatening physical circumstances in the past.

When Paul to the Corinthian church wrote these words in 1 Corinthians 6:19 - *“What? Know you not that your body is the temple of the Holy Ghost which is in you, which you have of God, and you are not your own?”*, I believe he was revealing the magnificence of this piece of equipment that we have been given stewardship of and that it is unwise to think we can do anything we want with it without divine guidance.

Just as we have to know how to properly maintain our automobile according to the manufacturer's design and principles, we also must know what our bodies are designed for in order to function right and achieve maximum benefit, long life, length of days and wealthy days (Proverbs 3:1-6). We must commit to this one thing: **“EAT FOR NUTRITION, NOT FOR TASTE.”**

We were designed to breathe, just not smoke.

We were designed to drink, just not alcohol.

We were designed to eat, just not SUGAR!!!!

Sugar ferments food in the intestines and creates an acidic environment called “inflammation”. That is the perfect atmosphere for most major diseases to thrive. The goal is to create an alkaline environment in our body (pH = 8 and above); an environment that's antagonistic to disease. Knowing that, if you starve something, it dies.

So where do we begin? Genesis 1:29, Revelation 1:1-,3 and many passages in the Book of Leviticus reveal the Godly principles that promote divine health in the physical body. When we practice from the Handbook of Human life the principles that govern spiritual maturity and the principles that govern divine health in the body, perfect agreement results between our spirits and our bodies. That agreement which honors our Heavenly Father WILL conquer anything under the curse, including sickness, disease, and any kind of infirmity, every time. The most

beautiful part is that, in doing these things, we have demonstrated the fear of the Lord, our unwavering love and trust in Him, we show honor for Him by honoring His Word in all areas, and have prepared a perfect temple for Him to dwell in. I pray, family, that this has Blessed you. This is Part 1 of the insights The Holy Spirit has revealed regarding divine health. In Part 2, we will go into more depth regarding the practical things that we can do to extend our life span on this earth and finish what we were sent here to do. The apostle Paul wrote in 2 Timothy 4:7-9: *"I have fought a GOOD fight, I've finished my course, I have kept the faith: henceforth, there is laid up for me a crown of righteousness, which The Lord, The Righteous Judge, shall give me at that day: and not to me only, but unto all them also that love His appearing."*

Until next time, thank you for your partnership and support. We are excited about how The Lord is using CTGM, and you are a big part of it. You are sowing into good ground, and we believe with you for breakthroughs, healings, and victories in every area of your life.

Do you have a prayer request or a testimony you would like to share? You can reach us via email, or our website listed in the footer of this letter.

Jesus is Lord,

Bishop Rene' Henderson

Psalm 23, **Psalm 91**, Isaiah 54:17, Ephesians 3:14-21, Exodus 3:21, **Numbers 6:24-26**, Ephesians 1:15-21, Colossians 1:9-14, **Colossians 3:1-17**

Has this letter BLESSED you? Pass this Partner letter on to a family member or friend and be a BLESSING to them.