

## **'FIT for CHRIST'**

by Graham Healy

1. Testimony
2. Body & Time management
3. Weight loss (fat loss)
4. Nutrition (How much Proteins , Good Fats, Carbs ?)
5. Spiritual Warfare
6. Mind & Emotions
7. Will (Integrity based decisions)
8. Spirituality
9. Martial Arts & Combat Sports v's Christianity
10. Spirit Filled Person (on Fire in the Holy Ghost !)

## Chapter 1)

### MY TESTIMONY

At nineteen years of age I was invited to church by my girlfriends mother and At the time I was really having some ‘depressing’ problems with her and our relationship (at the time it was carnal) anyway I discover that the church was a Pentecostal Church and the preacher was David Cartledge .

I was not familiar with the Pentecostal type of church and felt very ‘out of place’ standing down the back. Then David did an altar call , and repeatedly kept saying there was a person in the audience that was ‘carrying the weight of the whole world ‘ on their shoulders and felt that the ‘burden’ was so great it was crushing them. I thought that preacher is talking about me ! but there is no way that I’m going to make a fool of myself and walk down the front .....NO WAY!

Anyway, David persisted , next minute I found I was down the front (I could not remember walking down ) and David and another preacher began to pray for me . The other Preacher was a Chinese guy in his sixties , this mans name was Keith Loy and he was later to become a spiritual father to me and a lifelong friend and mentor , however at that stage I didn’t know him all I remember that I fell down under the ‘spirit’ and just saw ‘white light’ for I guess two hours or more, when I came to , Keith Loys smiling face was looking down at me and he said “the Lord has been doing a good work in you son”, everybody at Church had gone home and it was just myself and Keith left out the front.

I later went home , and couldn’t believe what had happened , all I know is that the ‘heavy burden’ was gone and the ‘depression’ had left me .

Keith contacted me later , and I went around to his home and he prayed for me ‘releasing’ some ‘deep hurts’ that had been ‘bottled up ‘ over the years.

I later ‘broke up ‘ with the girlfriend and lost touch with the church and Keith Loy for some ten years or more .

Over that period of time I was married and fathered three beautiful children.

My wife at that time Joan was brought up a Roman Catholic and so we got married in the Catholic church.

I had been touched by God and my spirit had the ‘life-line’ attached , however, during that period of my life I ‘did it MY WAY’ .

Every now and then over the ten years or so I would run into Keith Loy , and he was always ‘bubbling’ and ‘happy’ and I could never ‘figure out’ how

come that guy was such a 'fire ball' and 'ALIVE' he must have been in his seventies by then .

I lived as a 'carnal man' during those years , I was a 'good' man , loved my wife and kids, and had a love for physical exercise.

I had been a competitive swimmer ,Olympic weightlifter (Brisbane titles 1976), Rugby-League second row forward, and a very good Amateur Boxer. My father(Bert Healy) was the featherweight boxing champ of Queensland in 1948 and my Grandfather(Bert Healy Snr.) ran a 'Pro' boxing gym for 50 years (at Gordonvale near Cairns North Queensland) .

I can still remember my grandfathers boxing Gym ,it was an old movie theatre, (my grandfather had snow white grey hair in a crew-cut and the whole scene reminded me of the original 'Rocky' movie setting...except this was for real!)and many of his 'fighters' were aboriginal men from the nearby mission 'yarrabah'.

My Grandfather , had the ability to turn young men and adults (some with no future apart from drinking alcohol) into 'conditioned athletes' and many of them became state champions. This commanded enormous 'respect' from parents and friends as lives were 'transformed' the 'tough way' through skill and disciplined training . The skill and conditioning remained with people long after they stopped training and I was one of my grandfathers 'boys' as he 'put me through' the ropes of the 'art of self-defence' .

He had the 'skill & respect' I always admired and as a Lad of 12 years at the time ,I never got tired of my Grandfathers 'Boxing stories' , the rest of the time was spent 'training racehorses' as my grandfather other occupation was racehorse trainer , so you could imagine the combination , stuff movies are made of I'm sure !

My father was Grandad's Best fighter and had the skill and speed that reminded me of one of Australia's greatest fighters Johnny Famechon 'Fammo' dad like me loved training ,but always reminded me that Boxing can be a 'mugs game ' and ' never let anybody use you as a punching bag son' I always remembered my fathers 'advice' in later years.

It was my love of Boxing and the 'skill' involved that led me to become the 'sparring partner ' of many state champs both in the amateur and pro ranks , however, I only had a few actual Fights but thousands of rounds in the gyms . I couldn't see the point of being 'bashed around' in the ring so I just kept my level of boxing at the 'skill and conditioning' level .

My method of 'relieving stress' was training! rather than the 'negative habits' of alcohol, drugs etc .

Boxing led me to later start training in the Martial Arts (Korean Tae kwon Do) I was interested in this because I wanted be 'skilled' in the use of my feet like 'Bruce Lee' as 'Enter the Dragon' was a big hit at the movies and Martial Arts clubs sprung up everywhere.

Also, what interested me was the philosophy of Tae Kwon Do , as apart from boxing which was mainly physical Tae Kwon do seemed to cater for both aspects . I suppose the old David Caradine TV series 'King Fu' contributed to the 'something else' in the Martial Arts .

Korean Tae kwon Do didn't however have the mysticism that say 'Kung Fu' had as it was very basic and 'physical' much the same as Boxing with your 'feet and hands'. I still remember the tenants of TKD and they were Integrity, Courtesy, Perseverance, Self-Control and Indomitable Spirit a reasonable 'code' to live by (or so I thought in my own mind).

I became a Senior black Belt and ran many schools having as many as one hundred students at one time, I later became a professional Instructor owning my own health center with 1,500 members.

I had traveled overseas with one of the Korean 'Masters' and conducted a seminar on Self-Defence at the Papua New Guinea military base in 1993 . Basically, I was determining my own destiny (or so I thought) until something happened in 1994 that was to 'shatter my whole life ' and bring the health and fitness 'Empire' crumbling down around me.

We ,my family and I ,were under extreme financial pressure in my gym as a few decisions I made dropped cash flow down and we were behind in lease re-payments . The pressure made me very 'volatile' and I had an 'explosive temper' as I seemed to have 'no way out' .

As with many business in this kind of 'pressure situation' it leads not only to financial breakdown , but marriage breakdown as well .

My wife had an 'affair ' with a Gym Instructor I had employed and had placed this man in a 'trusted position' .I later discovered he had five children to three other women and a track record of being a 'predator' on vulnerable married women .(his father was suppose to be a 'well known preacher in New Zealand, obviously his 'activities' in Australia were 'very secretive')

Of course in a 'worldly sense' I do not blame my wife as I was 75% at fault and she became the emotional 'whipping post' for my increasing business and financial pressure and as the ship was sinking she 'jumped into what seemed a

life raft' Also, at the time I was living as a 'back -slidden' Christian trying to 'control my own destiny'.

The manipulation that went on 'behind my back' destroyed my family and split my children apart , I tried desperately to restore my family .

But, I was all too late the horse had bolted , and the 'enemy of souls' had completed another mission (or at least so he thought at the time).

I remember crying out to God late one night in my aerobics room ( I lived in the gym complex) for help as I fell to the floor in indescribable pain as I felt the 'black hand of the enemy' rip my wife of 13 years out of my heart and steal my family.(I physically felt this happening ,like a ripping apart of my heart, it was like 'open heart' surgery' without any anesthetic, the agony was insufferable)

That night God responded and said to me "Graham this is your LAST CHANCE to follow me , you have done it your way and now its finished, Graham this is your LAST CHANCE ring my servant Keith Loy and recommit yourself to the LORD"

I rang Keith Loy the very next day , and Keith came up the back stairs of my Gym with his old tattered bible in his hand.

"Well Graham , Keith said ,there is nothing that God can't do Graham you must trust in Jesus son"

So I re-committed my life to the Lord as we prayed the sinner prayer again and I knew that 'this time ' there was no turning back.

But the agony of the events to follow were just about to begin.

My wife and her newly acquired 'boyfriend' were attending the Pentecostal church that I use to attend 'Calvary Temple' he was as a 'body guard' (I had sent him to the Mr. Queensland titles as a competitive bodybuilder at 110 kg bodyweight and invested a lot of money and my 'credibility' along with sponsorship etc I later discovered that he was on Drugs(steroids) and selling and distributing these drugs in my Gym as well as the 'predator' spirit controlling him not only effecting my then wife and family but as my staff later reported to me that he had made 'approaches' on several staff and members interfering with several other 'married women' along the way. (I later proceeded with a prosecution through the Criminal Justice bureau however, the investigation was 'pathetic' by detectives, and the issue of illegal steroids use and sale was a 'grey area' between the various police departments,

however I still have the ‘paperwork’ to prove at least Investigations were initiated)

You could imagine the ‘anger and frustration’ that I had and to think that my wife of 13 years was all part of the ‘manipulating plan’.

I had left the ‘door wide open’ and the ‘enemy’ send in his ‘agents’ to ‘steal , kill and destroy !’

Now they were all at church claiming to be ‘innocent’ ! and of course I was the ‘angry’ husband, all sounds too familiar doesn’t it ?

I was fighting a spirit that reminded me of that Arnold Schwarzenegger movie ‘PREDATOR’ except this was for REAL ! and I didn’t have the ‘weapons’ to fight it !.

The spiritual ‘battle that followed’ reminded me of the ‘Terminator and Rocky verses the PREDATOR !’ and at the time it definitely wasn’t funny at all ! but ‘deadly serious!’

I was ‘completely shattered’ and ‘very angry’ all at the same time.

On one side I was watching my wife of 13 years walking around shopping centers hand in hand with her newly acquired boyfriend(at that stage we were still married !) and on the other side I was still trying to hold my ailing business ‘together’ as well as investigate and deal with this personal crises, talk about the ‘fight of my life’.

“We do not wrestle against Flesh and Blood ,but Principalities, against Powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in heavenly places” Ephesians 6:12 (NKJV)

The whole matter was put in the hands of the church and so called ‘Pastoral care’ this was done as my wife’s ‘boyfriend’ was living at the house I had rented for my wife and children to get ‘space’ to ‘see clearly’ our personal, business and marital issues.

During that time I was praying 8 hours a day , crying out to the Lord to ‘restore my family’ (I would walk around the park near my Gym ,while I had staff on reception,at about 10am and circle the park praying and listening to the scriptures on a walkmans till about 5 or 6 pm this went on for a few months)and protect my children ‘especially my eldest daughter from a man who I knew by now was a ‘predator’.

One day ,while on an ‘empower walk’ I had a dramatic vision of the lord sitting on his throne , his hair was white and ‘crackling’ bright and his eyes were ‘crackling blue’ and his voice ‘boomed’ with authority and power. I was

pleading to him to 'restore' my family and the LORD said 'see this' and with his hand he outstretched his arm and pointed his finger at the background , and the scene completely changed !

He said ' By my hand I can change the atmosphere, NOTHING happens unless I authorize it' then he said 'STEP FORWARD!' in a great command! I stepped forward on one knee , and he gave me a huge 'flaming Sword' and said "I commission you as a 'Spiritual Warrior' in the Lords army."

I remember placing the sword over my back across my right shoulder where I had a scabbard . Then the LORD said "Do not be concerned for I will restore your family ,I have heard your prayers and tears, go now for I am with you" (little did I know that it wouldn't be until eight years later did I see my daughter, praying for her daily, and at the writing of this chapter I still haven't seen my youngest son Adam)

Regarding my daughter Karina, I never gave up hope for her , praying daily by the blood of Jesus, my mother said to me after about 5 years 'Graham , give up you will NEVER SEE YOUR DAUGHTER AGAIN !' as mum had given up ever seeing Karina again, but , I never gave in and always responded "we'll see her this year Mum".

Unfortunately, many a lonely Christmas, fathers day, and 'empty birthdays' passed by with 'no response' , it was heart wrenching all I had was her Photograph as a 10 year old in my wallet, she was 21 before I saw her. My son Allan was completely 'disconnected' from his brother & sister and rejected by his mother, I would look at my son with tears in my eyes ,as every effort he made to see them was stopped , there was a special bond that developed between myself and Allan that no 'spirit in hell' could ever break, as later on Allan became involved in the DRUG scene(unknown to me) and I had to 'pray him back into the Kingdom' from the 'clutches of the enemy'. I later asked Allan WHY kids become involved in drugs ? he told me they all come from 'BROKEN FAMILYS' and the mates or street gangs become their family.

Allan now works out in the GYM with me , does self-defence training , has a good Job , and put on 14 kg of body weight in 4 months, has given up smoking , re-committed to the Lord and reads the bible every day.

But, this took 2 years of 'warfare' and 'being there' LOVE concurs all and GOD is LOVE (1John 4: 8)

And my beautiful wife Petrina,(I re-married 27<sup>th</sup> November 1999) supported me all the way , and Loved Allan like her own son (I couldn't have done it without her support).

The 'enemy's' purpose is to destroy the family unit and only LOVE will RESTORE and 'PUT IT ALL BACK TOGETHER'

"He has sent ME to heal the brokenhearted" the Lords Commissioning Luke 4:18(NKJV)

The story continues.....

Unfortunately, the Pastoral Care turned into a disaster and the 'boyfriend' was never asked to leave the situation but my wife was ministered to with the 'Predator' standing in the 'background' at all times.

The TRUTH became apparent later on and hands were 'thrown up in the air' as we didn't realize what was 'really going on' and many friends and associates were 'shocked' when the truth came out..

Pastor Loy certainly stated to me that the first thing that should have been done is to 'get the boyfriend out of the house' and minister to my x wife ,however, it had been taken out of his hands.

If only the word of God is administered in context ,inexperienced pastors/counselors can do more damage than good in these situations and I certainly was one of the 'spiritual casualties' . In my case the only trusted man of God Keith Loy (a experienced preacher of some 45 years) had the matter 'taken' out of his hands , and to this day I know that this was the 'Enemy's tactics of 'Division' , divide and concur and there was certainly no wisdom in the 'multitude of Church counselors !' (Prov 11:14)

During this isolation time my x wife rang me 'once' and said that the HOLY SPIRIT was telling her NOT TO COME BACK ! and I stated to her that the HOLY SPIRIT does not go against the Word of God and to be careful what spirit is operating , she then said in a 'very rushed tone' I've got to hang up as the (Boyfriend) was coming. That was the last I ever communicated to my wife I then received divorce papers 'in the mail' a few months afterwards.

Then 'silence' and the 'separation of two of my children' my second oldest Allan had run to me in the horrific split , there was no communication for almost 8 years later , until my daughter (now 21 years) contacted me and re-connected (she had walked out of the situation as soon as she was old enough to comprehend the truth)



The series of events leading up to this are very interesting and I hope that I do not 'bore' you with the details as you read on you will see how the LORD moved throughout these events and built a foundation in myself that no 'demon in hell' could ever shake ever again.

You see the 'enemy of souls' is hell bent on the destruction of the family unit and the statistics for Australia are horrific as well the youth suicide rate is the largest in the world and according to my son the 'reason' why kids hit drugs is because of 'broken family's'.

Allan as a 'single parent kid himself' whose mother completely 'rejected' him went through the 'drug scene' as a motherless Kid looking to 'belong' and his story is a testimony in itself. God only knows what my son went through, disconnected from his other brother & sister and watching his father be emotionally destroyed in the process.

Some of the events that evolved during the period of 'DECEPTION' .....

During these 'so called' pastoral care I under went a prayer session where the pastor asked me to 'visualize the children being buried in coffins and dirt thrown on top of them' my heart was jumping out of my chest , here I was praying to God to RESTORE my family and this pastor was 'BURYING MY KIDS IN PRAYER !' I didn't have to have my theological degree to work out that this was NOT THE SPIRIT OF GOD OPERATING ! and yet you could imagine how 'vulnerable' and emotionally distraught I was at this point (the 'Enemy' always comes in when your down! to lay in the boot!)

I am certain this was not the 'Holy spirit' operating and people wonder why so many people have been hurt by the church ?

What had this to do with 'restoring the family' absolutely nothing from the LORD I'm sure of that , but this was part of my counseling !

Thank God that I had Pastor Loy to refer to , but you wouldn't believe it this event happened when pastor Loy was 'out of town !

During a crusade by evangelist Keith Hanslow (about may 1993) Keith was operating with all the anointing of 'John the Baptist' and people were falling in their seats as he even 'pointed at them' in the audience.

Keith came up to me and started to hit me with the power of God , but stopped abruptly and said "Son God has a great Mission for you" I said "I know but I don't know when". What happen afterwards was my first dealing with the spirit that was now operating in my x wife.

During that crusade my x wife and her 'boyfriend' were at the service (I didn't know it at the time the place was packed out), anyway my x wife came over to me to ask for forgiveness (her boyfriend was standing behind her, we were still 'technically' married at that stage, she embraced me and asked for forgiveness, overcome with emotion I thought the Lord had answered my prayers and was 'restoring' my wife and family and I had reached a 'breakthrough' (my son Allan was with me at the time he was only 12 years of age)

As my x wife embraced me I could feel that it wasn't the same person that I was holding onto, I began to praise God that she was coming back, however, she said "BUT I'M NOT COMING BACK!"

I pulled back and said "What God puts together let no man put usunder" Mathew 19: 6 (KJV) her head turned violently and in a deep dark 'demonic' voice she barked back 'DON'T QUOTE SCRIPTURE TO ME!' this absolutely 'shattered me' after all the previous months of 'counseling' and 'prayer'.

My son and I fell to the floor in tears in pain and agony, my x wife and her 'boyfriend' walked away in a 'arrogant' way and drove away leaving us in a blubbing heap on the floor.

I realized that something had 'entered' my x wife far more cruel and vicious than could have ever imagined, mind you all this happened in the church without any real 'discernment' of what was 'really' going on.

(with the 'exception' of my mentor pastor Keith Loy who helped me on many occasions to pray through the 'spiritual warfare' and kept me from going completely mad!. Keith later said to me 'Graham you have lived the book of Job literally, and even though all this has been grossly 'mismanaged' you are still 'faithful to the LORD'

I remember saying to Pastor Loy "Keith nothing will shake my belief in the LORD and I was big enough to 'discern' that this was not the LORDS doing' Later during the Keith Hanslow crusade I brought a 'brief word' to the church that the 'LORD was going to PURGE HIS CHURCH' (may 1993)

That night myself and Allan walked all the way home (the Gym) some 10 km away, nobody stopping to offer a lift, as hundreds of cars passed us buy, I was weeping all the way.

That night I went to my unit in the Gym and cried my eyes out , the pain I went through was like death itself , IT FELT LIKE I WAS BEING CRUCIFIED ALIVE , the pain would not ‘go away’ I collapsed in the shower and asked God to ‘take me now please! Please! Please I don’t want to live anymore!’.

My son Allan was an observer and just keep saying ‘Dad you’ll be ok Dad, it’ll be ok Dad’

That night I’ll never forget as the night I was CRUCIFIED I was a broken and empty man .....I had no fight left in my physical body, I was ‘down and out for the count’.

Two weeks later I physically flogged this 110 kg bodybuilder come bodyguard/predator to a ‘pulp’ and after that event the Arrogance and ‘stand-over’ tactics changed very quickly and the TRUTH came out publicly as to the events that lead up to the ‘boyfriend’ copping a hiding from the husband.

Proverbs 6:32 ‘whoever commits adultery with a women lacks understanding. he who does so destroys his own soul. Wounds and dishonor he will get , and his reproach will not be wiped away. For jealousy is the husbands fury: therefore he will not spare in the day of vengeance” (NKJV)

Let me add here that I did not plan in any way for this event to happen, it was ‘just happened’ after 6 months of ‘emotional torture’ and ‘deceptive’ manipulation of the spirits operating behind the ‘boyfriend’ and obviously now entering my x wife , and the ‘mismanagement of so called’ church counseling. Also, I had actually ‘physically’ walked up to the ‘boyfriend’ to ‘forgive him’ a couple of weeks earlier for ‘whatever’ he was doing ? (I didn’t really know what was going on all deception and lies !) then shortly afterwards my wife ‘asked for forgiveness’ , but ‘wasn’t coming back !’

When I returned to my Gym after ‘giving the boyfriend a flogging’ the whole Gym cheered , and said ‘about time somebody stopped that guy (most of the husbands of the women he was a ‘predator’ upon before were ‘frightened of him because of his size)and his past ‘caught up with him’.

I had no idea that that event would happen, but I clearly remember the spirit I was fighting ‘physically’ was very ‘thick and heavy’ like a heavy wet blanket’(anybody who knows anything about physical conflict, it is more ‘spiritual than physical’)

When I rang Keith Loy and reported the incident he said “Graham ,nobody would blame you for doing that after what you have been through, hand it all over to the Lord now Graham its out of your hands completely’

After , that there was a series of court cases , to try to get access to the children, counseling, etc etc the list goes on NONE of which was successful. And as the Senior Pastor Bob Boots said to me later in writing that my x wife had to ‘free herself’ of ‘entanglements’ to be blessed by God and I had to make sure that I got on with life and ‘kept away from further entanglements’. I heeded that advice, and had to come to the realization of what had really happened.

From that moment onwards I knew there was no turning back, so I tried to ‘start all over again’ with a 12 year old son , no money , no car, and what seemed no future (I had to put my company into bankruptcy however, the Gym was taken over by another party by then).

I made it down to my parents place (at the Gold Coast) where I spent 3 months trying to figure our where I went all wrong ?

I was 39 years of age and lost everything except my 12 year old son Allan.

I was determined to ‘build’ a solid spiritual foundation this time , since previously I had dedicated most of my time to ‘physical’ activities and I was always good at Goal setting and had a very strong will and mind.

But, the ‘enemy’ slipped under my guard and got me in my vulnerable point , my wife and family.

Previously , to going to the Gold Coast I attended Keith Loys Christian growth classes and was mentored by this great man of God as I absorbed every word that Keith preached and practiced.

My goal was to know the scriptures as well as Keith did (he had a photographic memory)

At the Gold Coast I attended the local Church and read the bible from cover to cover , spending most of my time in prayer or memorizing scriptures.

Determined , to never be unprepared against the enemy ever again.

I spent hours walking the beach in ‘empower walks’ as I call them where I would have my walkmans on and scripture tapes listening to them over and over and over , praying in tongues, and crying out to God !

The rest of the time I spent in the Gym working out , as I never let my physical fitness & strength slacken off, however, inside I just felt like a ‘shell’,

I felt I was a machine completely , my body parts were moving , but I was completely empty inside.

God had a work to do completely rebuilding my 'broken heart' and renewing my mind.

I had tried it my way , basing my 'whole world' on the pursuit of a PHYSICAL FITNESS EMPIRE however, God had other plans for me. Now was the time GOD was to build a solid PILLAR OF FAITH so deep in my spirit that 'no demon in hell' would ever rock that 'foundation' again

I returned to Townsville briefly for 18 months, with a mission to re-establish my 'fitness business' attended more of Keith Loys classes , but found 'nothing' worked out and I was still 'suffering badly' from a 'broken heart' I started to become 'disillusioned' with the whole affair and it seemed to me that the 'bad guys' won.

I was lonely, unfortunately , Townsville was full of 'past memories' and I was always expecting to 'see my kids around the corner'.

During my time there (in Townsville)two beautiful Christian people Jack and Barbra Nuttal took us in and helped myself & Allan 're-build' our shattered life.(God has his people in place at the right time )

Unfortunately, my spiritual guard 'slipped' a couple of times and I wound up in 'affairs' with members of the opposite sex during my 'disillusionment stage' still looking for love and trying to 'heal a broken heart' and 'reconstruct my family'

This lead me down to Brisbane to begin a new life

Living 'in the past' became too much so I moved to Brisbane 'Mt.Gravatt' to 'start all over again in 1996 attending Garden City Christian church under senior Pastor Geoff Hollway , later I Joined David Boske ministries (where I met my new Wife Petrina) (we didn't get married till 27Nov99 just friends more associates, at that stage I never thought Patrina and I would ever get married , obviously the LORD had different plans)

David runs a television & Apostlesic /evangelistic ministry , I later moved to Forrest lake under pastors Eric & Dianne Peters.(traveled to Fiji with Eric & Dianne for ministry trip June 2001)

Over the period of time in Brisbane was the 'spiritual' foundation for me attending many evangelistic meetings ,sermons, classes & studies.(including a short 'stint' in bible college)

During the whole time I kept up my training and now have my own FITNESS CONSULTANCY and personal training business.

However the calling for me (and the various prophecies) spoken over my life by great men of God indicate that the 'fitness training' will be part of my ministry also there seems to be an area of 'business & finances' & 'spiritual warfare' involved in my ministry.

As part of my 'blessing' from God I now have a beautiful Asian wife Petrina, and she is a 'strong' character and 'beautiful heart' and just like the book of Job , God is 'restoring to me' double fold all that was 'stolen by the enemy'. My son Allan is now 20 years old , my daughter 22 years, Petrina's son Stanley is 23 years old and I await the Lord to restore my youngest son Adam in the near future.

In the book I will cover all the aspects of MIND, BODY & SPIRIT relevant to Physical fitness, weight loss (fat loss) ,Nutrition, firming & toning and leading a disciplined way of life of the 'spiritual warrior'.

All designed to 'Glorify God' and 'build the kingdom together in unity'

In chapter 2, I will focus on the 'BODY' and as pastor Loy said to me "one ounce of practice = 10 ton of theory" so the object of this book is not only to give you the 'keys' to healthy living with the body , but to have the 'mind' focused and 'clear' on the LORD and this will 'clear the way' for our 'spirits' to hear clearly from GOD .

This era we are entering into the Christians will have to be 'focused' fit & healthy' to carry the 'anointing' and the 'good news' to the 'hurting world' Nothing better than to 'practice what you preach'.

You will find the approach 'very practical' and 'to the point' based on 'experience'.

Any questions please e-mail at [Healyshealthandfitness@hotmail.com](mailto:Healyshealthandfitness@hotmail.com)

web site [www.Healyshealthandfitness.com](http://www.Healyshealthandfitness.com)

or write to 'Fit for Christ' Ministries

[www.fitforchristministries.com](http://www.fitforchristministries.com)

Yours in the ' MIGHTY NAME OF JESUS',

Graham Healy

## CHAPTER 2.

### 'THE BODY & TIME MANAGEMENT'

As you can imagine after reading my testimony, that my body went through some 'horrific stress' and I believe it was the countless hours of 'conditioning' that helped me to 'cope' with the emotional trauma basically, I hung onto the 'Bible' and 'physical fitness' to ride through the storm. The Emotions 'stir' up physical 'responses' and if there is no physical outlet for these responses then you would probably wind up as a 'mental case'. Believe me ,I spent 18 months working in a large Hospital and I have seen 'first hand ' the 'mental cases' from mild to extreme and many people 'flip out' for seemingly minor incidents in their life. One young man of 19 years I saw in the 'psychiatric ward' was there for 'stress' after breaking up from his girlfriend , the Doctors answer was drugs ! or 'shock' therapy to 'correct' the problem.(for more serious clients)

All the kid needed was a little 'love' and 'understanding' while his 'broken heart healed'

When I look at the 'hurting world 'out there I wonder why its 'hurting so much' ? It seems to me that the 'World' is at the mercy of the three great temptations:

'Lust of the flesh, Lust of the eye and Pride of life' 1 John 2: 16(NKJV)

The 'Enemy' gets to us through the 'senses' and the 'mind' then 'confuses' us about 'moral values' and the net result is 'unforgiveness, bitterness, revenge and generally we 'set our own trap' and get 'hopelessly' caught up in a sequence of 'cause and effect' or 'natural consequences of actions' you see the scripture plainly state that you will 'reap' what you 'sow'.

"do not be deceived , God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the spirit will of the spirit reap everlasting life".

Galatians 6: 7-8(NKJV).

The BODY is simply a 'reflection' of what you are 'sowing to it' both mentally and physically .

When you have a look at the body's nervous system it starts at the 'brain' and travels down the spinal column and reaches to the main organs and muscles like 'electrical' cables . The 'stimulus' 'response' action and reaction can have a positive and negative 'feedback' .

For instance if we are on ‘drugs’ of any kind be it alcohol or cigarettes , it will effect the ‘brain/mind’ and ‘reflect’ a response to other parts of the body accordingly.

You may think you can perform , however, the thought does not ‘transmit’ to the body effectively and so you may have a couple of ‘beers’ and ten foot tall and ‘bulletproof’ in reality you are uncoordinated and about to make a fool of yourself.

**The key is to DISCIPLINE THE FLESH or BODY.**

“Therefore I run thus : not with uncertainty. Thus I fight : not as one who beats the air.

But **I DISCIPLINE MY BODY and BRING IT INTO SUBJECTION**, lest , when I have preached to others . I myself should become disqualified.” Says the apostle Paul in I Corinthians 9:26-27 (NKJV)

The practice of self-denial and self-control as Christians is in line with the Discipline of Christian life.

Those readers that have done any sport or athletics know that it all takes TIME and SACRIFICE to achieve YOUR GOALS.

Why is it that somebody that gets prayed for to ‘give up cigarettes’ is back smoking next week ?

Why is it that ‘carnal relationship’ is hard to give up? Even though you know you are doing the wrong thing according to Gods Word?

Why is it that that ‘cream cake’ and bad eating habits are hard to break?

Why can’t you get up at 4 am to prayer for 1 hour ?

The simple answer is in what the Lord said while praying in the garden of Gethsemane ‘watch and pray, lest you enter into temptation. The spirit is willing but the FLESH is weak.” Mathew 26:41 (NKJV)

You see the **‘SPIRIT IS WILLING but the FLESH is WEAK !’**

As ‘born again’ Christians our spirit is willing but the FLESH is weak.

**The KEY is to learn to Discipline the Body.**

How do we do that ? The BODY will always do what the MIND tells it to do . Just look at the television advertising , pizza, fast food, etc. etc. if you watch TV your MIND has been pre-programmed to a ‘response’, just like ‘Pavlov’s dog ! ‘ring the bell and you will be hungry and saliva is produced !’



This is a well known fact in advertising the more you ‘saturate’ the Market the more the ‘sales’ figures go up. In other words the more ‘brainwashing’ the more your BODY and its 5 senses (taste, feeling ,sight, hearing, smell) will ‘react’ to the media manipulation , and that’s ‘exactly what it is’. manipulation plain and simple!

## **How do we DISCIPLINE THE BODY ?**

If it was easy then everybody would be trim, taut and terrific but, one look around the shopping center or at Church next Sunday will clearly display many ‘undisciplined bodies’ walking around.

He or she may be a ‘mighty man or women of God’ However, when it comes to the ‘battle of the bulge’ we literally become ‘cream-cake pussy cats!’

Do not get me wrong here, It takes a lot of **SELF-DISCIPLINE** to ‘Get in shape’ and believe me I am one of those 90% who have trouble ‘managing’ my body-fat, I do not fall into the 10% ‘greyhound’ type builds.

I remember reading Kenneth Copelands ‘Jesus decision/salvation booklet’ where Kenneth weighed 120 kg and had a 46 inch waist now weight 84kg and 36 inch waist. This ‘great man of God’ with one of the largest ministries in the world today couldn’t concur the ‘battle of the bulge’ until GOD told him to ‘DISCIPLINE THE FLESH’ accordingly Kenneth asked the Lord to ‘deliver him from being a FOODAHOLIC and eat a tossed salad rather than ‘deep fries and cream cake’ . Creflo Dollar had the same problem, Benny Hinn had to address health problems in a similar manner.

So, don’t be concerned if you are ‘out of control in this department at the moment all these ‘GIANTS in THE FAITH’ had to overcome THEMSELVES as well.

Making a ‘**QUALITY DECISION**’ and sticking to it long term is the problem. I find the best approach is REPLACING THE NEGATIVE HABITS/ADDICTIONS with the POSITIVE ONES .Just as upon conversion our ‘spirit man’ is renewed and ‘re-connected’ to the Lord but our **MIND IS NOT** and must be consistently re-trained and renewed by the WORD OF GOD Hebrews 4:12, Romans 12:2.

LIKEWISE you must re-train the MIND from negative ‘eating habits’ with the correct information and as we ‘build up ‘ the ‘spiritual muscles’ by growing and feeding on the ‘Word of God’ likewise , we ‘re-new the MIND on eating

habits and how to exercise properly and WHY we are doing what we are doing.

THE PURPOSE OF THIS BOOK will take you down that road as to WHY and HOW you can get in shape PHYSICALLY , but in the process we find that we must cover all areas of MIND , BODY & SPIRIT in SYNERGY to receive that ‘balance’.

Ultimately, the ‘real purpose’ of this book is to prepare you for

### **SPIRITUAL WARFARE !.**

Moses was the ‘battle Commander’ of the whole of Israel, as was Joshua, Peter was a ‘Brash outspoken’ tough fisherman, the LORD was a Carpenter ...a tough hard working occupation, all these Men (including the LORD) were ‘hard working’ physical men(and the women of that era were probably more ‘hard working than the men! As everything was ‘manual’)

I didn’t notice any of them spending ‘eight hours a day’ sitting down in front of their ‘computer’ having sixteen cups of coffee ?

John the Baptist was on a diet of ‘honey and locusts’ and belonged to the Jewish sect (Nazirite) that didn’t drink ‘alcoholic wine and was separated for GOD’...out in the ‘rugged terrain’ of Israel clothed in camels skin ?

Now that’s a diet of RAW ENERGY !

### **POWERED UP in the HOLY-GHOST!**

The point I’m trying to make here is that the FLESH once DISCIPLINED will FIRE-UP in line with the release of HOLY GHOST POWER.

Just like your car if its ‘tuned, clean oil, and a bit of ‘spit-fire’ in the fuel when you need to accelerate it will respond and FIRE UP on all CYLINDERS !

The trouble is that most of us today ‘step on the gas’ to ‘FIRE UP’ and all we get is a ‘puff of black smoke’ and a ‘back-fire’ cough and splutter!

Make no mistake **SPIRITUAL WARFARE** training is no different **TODAY** than it was in Moses & Joshua’s day , as the physical responses within the body are the same ‘hormonal & nervous system’ wise.

The only problem is that if the ‘stresses’ of “daily Spiritual Warfare’ do not have an physical outlet then the ‘body’ receives ‘bio-blowback’.

Much the same as ‘revving up’ your car in the garage without ‘taking it for a spin’. The result is that the car will become ‘flooded’, hard to start, and the carbon deposits will build up on the plugs etc.....the car is designed to move with the fuel, oils, & water circulating through the system to operate effectively. The BODY is the same , the best way to ‘stabilize’ the ‘hormonal

overload' is to physically 'exercise' the system back to normal (along with the correct nutrition/fuel) refer Chap 5 're-nutrition'.

Now do not get the impression we are 'judging people' by what shape they are in.... we are not , I am simply saying there is room for 'improvement' from a physical 'perspective' generally speaking and people need HELP not only with their Physical bodies , but in their 'lifestyles' and mental attitude towards health and wellbeing., and most importantly "Self Esteem"

Remember the old adage 'healthy body , healthy mind' ?

Or 'Beloved, I pray that you may prosper in all things and be IN HEALTH , just as your SOUL(Mind & Body) prospers' 3John 1: 2(NKJV) God wants us in GOOD HEALTH in all three areas of our MIND BODY & SPIRIT .

In other words the system must be in synergy or balance.

I know we all want to be 'super spiritual' but if you do not renew your MIND and train the BODY to do 'what its told' then we are back to the start again .

Generally find it takes 3 months to change a habit or 12 weeks!

Remember , earlier in the chapter when I asked all the WHY ? questions .

When People get prayed for various problems such as to Give up smoking !

And they are back smoking next week ? or with the same problem next week ?

The 'spirit of faith is action' you have to DO SOMETHING ABOUT IT !

If by FAITH you believe that God has helped you 'stop smoking' and you have been prayed for to 'give up' then 'give up !'

I have convinced many clients to stop smoking & drinking simply by 'will power' and giving them a healthy alternative to replace a 'negative habit' and yet it always amazes me when people go for prayer and make a commitment to the LORD many are often doing the same thing 'next week' .

You need to DISCIPLINE THE FLESH .and develop

**MENTAL TOUGHNESS** to 'break the failure cycle' over time .

I can quote all the scripture you like , but until you MAKE UP YOUR MIND and act in FAITH nothing will change.

And if you 'believe' that your body is the temple of the holy spirit and that you are a 'living sacrifice' 'bought at a price' then according to scripture your body is 'not yours', but the LORDS .

Present him with a 'clean vessel' in top shape to be used for the ministry.

If you do not clean your car, replace the oils, replace the water etc it soon breaks down, and nobody would want to 'own' it .

Your Body is the same.

Also the LORD himself said to make 'disciples' of all nations .

The word 'disciple' means to learn , to follow the teaching or teacher.

To 're-condition' the body we must re-learn the negative 'responses' and replace them with 'positive' responses.

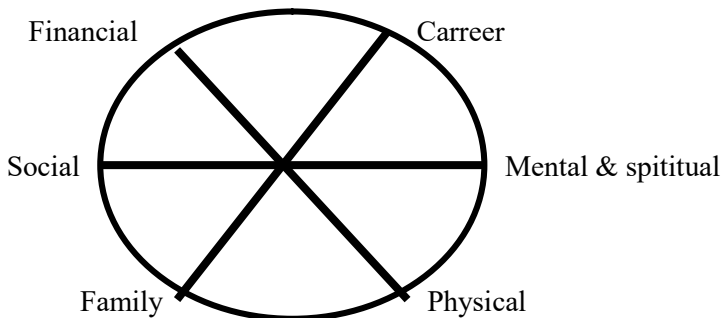
Here are some 'points' to remember :

- 1) Communication is the basis of life**
- 2) exchange is the process (exchanging POSITIVES for the NEGATIVES)**
- 3) Balance is the KEY (balance between Mind, Body and Spirit)**
- 4) AGREEMENT is the POSITION OF POWER**

**"quote" Dr.Ed Cole**

Accordingly you must 'communicate' with God/your wife or husband/ or your family to receive the 'Vision' take the 'step of faith' , make sure its in 'balance' and then 'agree' to implement the plan .

### **TIME MANAGEMENT**



**SCORE THE 'WHEEL OF LIFE' FROM (0 TO 10) EVERY 3 MONTHS**

The center is 'zero' and 'mark off' a score 'zero to ten' on each area (Leading out to the circumference)

For instance the PHYSICAL you might give a score of 3 out of ten

Therefore you ‘address’ the physical aspect of your life to bring the ‘wheel’ into balance. I suggest you purchase a dairy one page to a day and you can draw this ‘circle’ onto your page.

Or ( refer fig 1) and photocopy the ‘seven’ day planner and ‘stick it in your dairy.

**REMEMBER “failing to plan is planning to fail”**

**And we “gravitate towards our most predominant thoughts’**

**“For as he thinks in his heart so is he” Proverbs 23:7(NKJV)**

So, if you do not ‘pre-set’ those thoughts then the MIND will always come up with the ‘negatives’ as to WHY you can’t do this or that !

REMEMBER the carnal MIND is an ‘enemy of Gods!’(Romans 7:7)

Failure Cycles are the REPEAT of previously ‘bad habits’ or responces.

You must learn to BREAK THE CYCLE and I find that diarizing and tracking

As you go (with the BIG PICTURE IN MIND) the best way to go .

Most people keep repeating the following failure cycle:

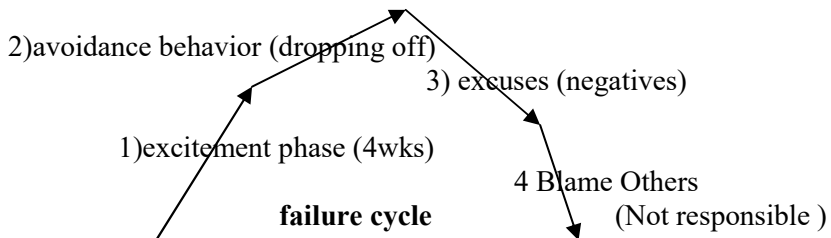
90% of thoughts in the MIND are REPEATS of negative ‘past events’,

40,000 to 60,000 thoughts go through your MIND DAILY

So it is important to FOCUS on a POSITIVE FUTURE GOAL, and diarizing, daily in progressive steps will help you overcome !

**NEGATIVES are the OBSTACLES I SEE when I take my  
FOCUS OFF THE END GOAL**

- **LOVE IS YOUR MOTIVATION !**
- **FAITH IS YOUR TRANSPORTATION !**
- **HOPE IS YOUR DESTINATION !**



The 'excitement phase' in my experience lasts about 4 weeks and if you can persevere past week 4 then there is a 50% chance you will go to week 12. **IMPORTANTLY** I believe you have to have **HELP**, a mentor or coach to **DISCIPLE YOU THROUGH** the various 'set backs'. Like the old Beatles song 'with a little help from my friends' In 'getting in shape' it **DEFINITELY HELPS** to have **PERSONAL TRAINING** or a **COACH/MENTOR** to 'establish you'

### **MOTIVATION ?**

I find this is the one on one 'personal training' mentoring/coach or friend/training partner. Remember **LOVE/ mateship** is your **MOTIVATOR**

### **EDUCATION ?**

I find if you do not understand **WHY** you are doing something you quickly become discouraged.

I plan to **MOTIVATE & EDUCATE** you throughout this book.

**THE KEY** to Goal setting as a Christian I have learned 'the hard way' is to make sure that your **GOALS** be it 'getting in shape' or any of the other areas of the balancing wheel of life ie finances, career, family, mental & spiritual is to 'be lead by the **HOLY SPIRIT**'

'for as many as are led by the Spirit of God these are the sons of God'  
Romans 8: 14(NKJV)

So therefore I recommend that you **PRAY** about the above 'seriously' in recluse and then physically write down 'what God is saying to you' regarding the various aspects of your life that need to be eight and nines out of ten !

The 'method' I use is 'imagine' you had

**'UNLIMITED FINANCIAL BLESSING' what would you do ?**

a)Regarding your God & family

b)Regarding your career

c)Regarding your 'PASSION' (this could be your ministry calling, you may have had the 'prophetic Word' over your life as 'Indication', your 'passion' may not necessarily be your 'occupation' at this stage)

d)Regarding Church (this could be financing a building, program for youth, your ministry ?etc)

### **YOUR PASSION ?**

Every person has an **'inner calling' placed in them by God** as Christians we believe the God has pre-ordained our destiny Romans: 8 28-30

And in doing so the Lord will 'confirm' your tracking by the prophetic word . In the 'Worlds' System the planning and Goal setting is done by SELF-DETERMINATION in other words 'I am the master of my own destiny' as I heard one millionaire businessman say to me.

As Christians we 'acknowledge ' THE LORD as being 'In CONTROL of OUR DESTINY' Romans 8:28-29 &

Colossians 1:16(NKJV)'for by him(Christ) ALL THINGS WERE CREATED that are in heaven ,and that are on earth ,visible and invisible, whether thrones or dominions ,or principalities or powers..ALL THINGS WERE CREATED THROUGH HIM AND FOR HIM

So, 'match up' GODS word, Prophecy, Circumstances and the 'INNER PEACE' that this is your LIFE MISSION.

(this may take a progression of years, as God REVELATION is PROGRESSIVE)

However, Set your GOALS WITHOUT ANY LIMITATIONS !

### **TEST OF PROPHECY**

**1)Cross checks with the WORD**

**2)Circumstances confirm it**

**3)'INNER PEACE about it'**

I have gone into the BIG PICTURE because the same process for ,getting , in ‘shape’ setting progressive GOALS over the 12 week(3 month) period is the same for ALL OTHER AREAS OF YOUR LIFE

THE SAME PRINCIPLES APPLY!

I will summarize at the end of the chapter !

**Now, back to the Bodyweight Goals .....**

In the ‘balance’ of starting a plan I find the best approach is ,as I said, to **purchase a diary**, then also set a GOAL weight to get your body in shape. Also, you may have a **photograph** of ‘what you want to look like’ and put this on the wall or mirror so that you can see it every day , to remind you of your goals and targets (remember set ‘realistic goals’)

Now it helps at this stage that you get a **REALISTIC perception** of where you are NOW.

You can do this by getting a **body-fat analysis** and this will give you the correct proportion of body-fat and muscle tissue , contact a reputable gym or personal trainer (refer my web site if you wish to contact me) and this will give you where you are NOW.

Remember weight only is not the best indicator , I prefer to do at least three methods,

**STAGE (1) THE STARTING POINT (where are you NOW?)**

- a)physical weight on the scales,**
- b)Skinfold test (body fat test) or measurements**
- c) or bio-impedance testing for body fat**

Then from this basis we ‘estimate’ a target ‘ body weight’ and ‘muscle tone’ goal.

Note I said body weight & muscle tone, don’t fall into the ‘trap’ of diet only , or exercise only, or ‘pills and potions’ only.

All must be done in SYNERGY , there is a multimillion dollar industry ‘out there’ basically ‘ripping’ people off with promises unfulfilled and without the ‘appropriate testing’ to back up claims .

**WARNING don’t fall into the QUICK FIX MENTALITY**

This is about ‘long-term’ progressive change , and knowing WHY you are doing a certain process, not just ‘trusting’ blindly in the so called ‘experts!’



## SUMMERY

( You can apply the ‘principles’ set out not only to ‘getting in shape Goals’ but the’ **TOTAL PICTURE’ MIND, BODY & SPIRIT in ‘balance’** as I said in the beginning of the chapter **ALL are INTERRELATED**

(refer fig 2.Three Legged table)

## PART TWO..... ‘TIME MAGEMENT’

As Just stated it is **impossible to ‘separate’ the getting in shape’ from the MIND,BODY & SPIRIT balancing act without knowing the ‘TOTAL PICTURE’** we are looking for **LONG-TERM Health Habit changes**, this really evolves into a ‘life style’ just as ‘Bad Habits’ practiced often enough becomes as ‘responsive’ reaction and action Negative trend we are trying to ‘reverse’ the ‘polarity’ to a **POSITIVE TREND**.

**The Keys of Time management are Held by the Creator of Time itself the LORD** so follow with me the systematic planning process to create a **LIFESTYLE PLAN** according to your **DESTINY in GOD** and the ‘adjustments’ of the Holy Ghost .

At the end of the chapter it will **ALL COME TOGETHER** also,some of the diagrams I have drawn will help you Visualize the concept more clearly.

**This will help you not only plan your ‘Health & Fitness’ but all other facets of your ‘inner’ and ‘outer’ worlds accordingly.**

### 1) **Pray and seek a VISION** (Numbers 12:7 & Habakkuk 2:2)

And **‘write it down’ stick it on the wall or in your diary so that it is a constant ‘reminder’**

What I do is get a ‘clip board’ and write my **GOALS** one to ten (or longer) Point by point and Pray about them in a ‘partition to the LORD’ 2Kings 19:14 –15 & Philippians 4: 4 – 7

You may Pray First then write, pray some more add some points , this may take several days , or weeks . but generally the LORD will be specific to your current need.

Now if ‘getting in shape’ is one of your **GOALS** be ‘Specific’ weight, measurements, fitness level etc (your Personal trainer can help you with this aspect )

Before and after Photographs are a Good idea (although a little embarrassing) although they become a 'record' and a 'future reference' Of course your other Goals may relate to the 'POINTS' on the 'wheel of Life'

**a) Financial b) career c) Social d) Family e) Physical  
f) Mental & Spiritual**

### **TIME MANAGEMENT** **Priorities ? LOVE = TIME**

Greatest Commandment "you shall love the Lord your God with all your heart , with all your soul, and with all your MIND.

This is the **FIRST and GREATEST COMMANDMENT**.

And the second is like it ; you shall love your neighbour as yourself, On these two commandments hang .....

**ALL THE LAW AND THE PROPHETS'**matthew 22:37 – 40(NKJV)

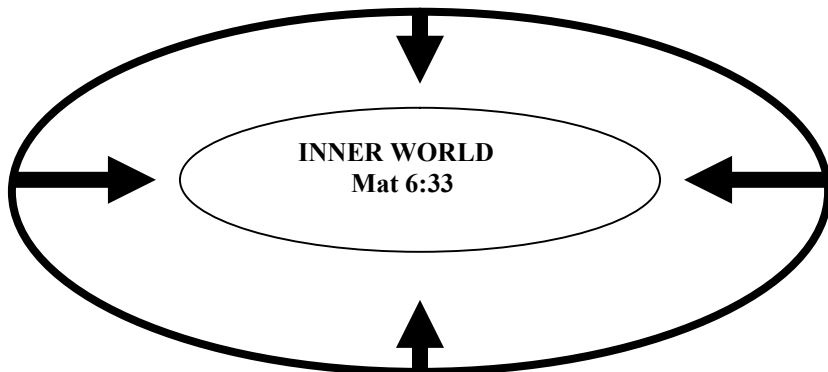
Josua 1:8 (NKJV)"This Book of the Law shall not depart from your mouth, but you shall **MEDITATE IN IT DAY and NIGHT** , that you may observe to do according to all that is written in it . for then you will **MAKE YOUR WAY PROSPEROUS,and then you WILL HAVE GOOD SUCCESS"**

In 'time management' you must 'allocate' time **DAILY to SEEK GOD (Love = Time)** , then the next 'priority' is your WIFE(neighbor) and family (refer fig 2) Your '**INNER WORLD**' must be balanced before you can handle the '**OUTER WORLD**'

I will later cover the Mind, will and emotions and spiritual balance in separate chapters(refer index in beginning of book)

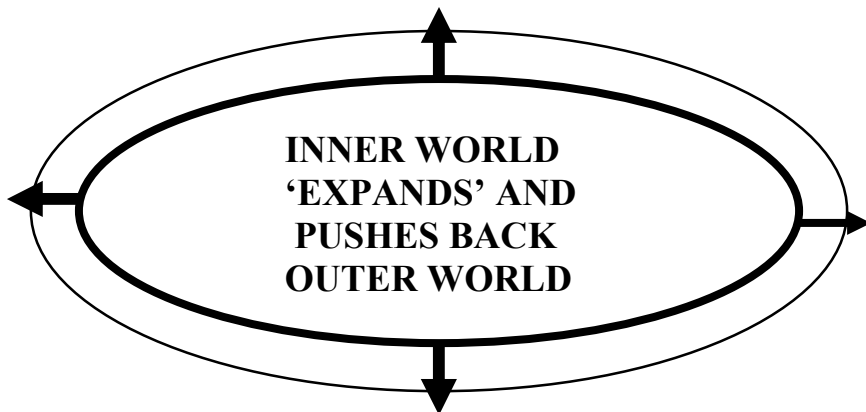
If you do not **ALLOCATE TIME** for the above priority's **YOU WILL FAIL**. I find the best way is to physically plan the time for your **INNER WORLD** in your diary , otherwise the 'business' of the **OUTSIDE WORLD** will 'steal it away'

(refer fig 1. For basic time management page)



**‘OUTER WORLD ..... ‘PRESSING IN’**  
 “The Enemy of Souls is in the business of ‘deceptively’ stealing away your TIME , making the ‘things of ‘this World’ of greater Priority until eventually you have a complete ‘upside down pyramid’ with the ‘LORD’ at the ‘bottom of the stack’ eventually leading to ‘disconnection and separation .You must ‘turn the world ‘upside-down’ and put the LORD in his rightful Place ‘on the Top’ of all priorities.

**REMEMBER being BUSY =Being Under Satan’s Yoke**



**‘INNER WORLD’ ..... ‘PUSHES BACK’**

The Inner World is 'Expanded' by 'seeking God' in Prayer \*Allocation of TIME for this purpose is Critical.

You 'practice' your RELATIONSHIP BUILDING by firstly building a relationship with God, then your family , then the OUTSIDE WORLD. As the father , Son and the Holy Spirit are the 'Heavenly family' YOU are to be a REFLECTION of the Heavenly on EARTH.

Jesus always 'spent TIME PRAYING TO THE FATHER' and operated by the power of the Holy Spirit.

“so he (Jesus) Himself 'often' withdrew into the wilderness and prayed”

Luke 5: 16(NKJV)

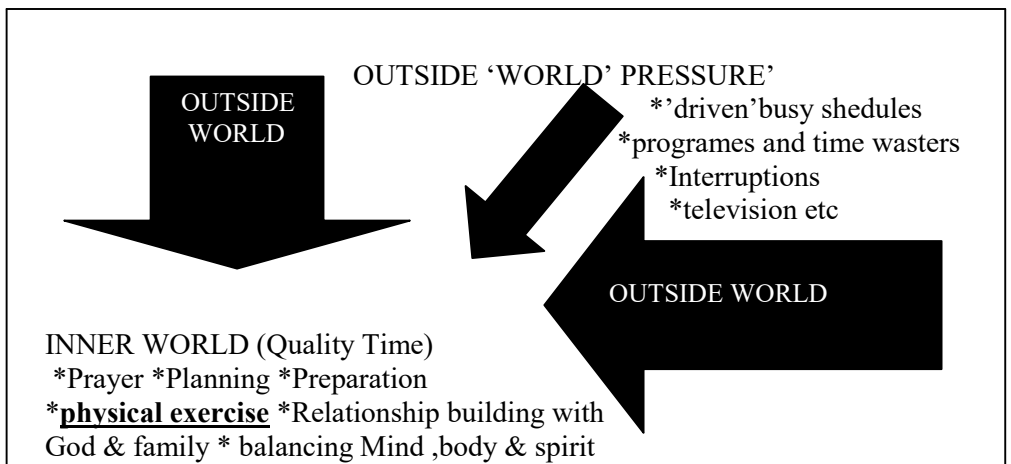
This 'creates' the BUFFER ZONE from the 'spiritual' to 'natural' almost like 'padding' between YOU and the negatives of the outside world .

### SEPARATE YOURSELF FROM THE OUTSIDE WORLD.

By this I mean you 'allocate' TIME to 'seeking God' and TIME for family relationships .

If you are not at PEACE at HOME , HOW CAN YOU MINISTER TO OTHERS ?

Most people DO NOT plan Quality Time and are at the mercy of the OUTSIDE WORLD and its NEGATIVE influences !



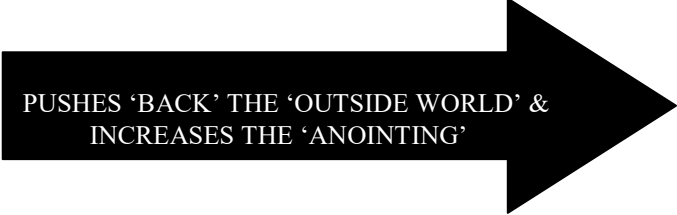
IF you are at the ‘mercy of the ‘Outside World’ then its time to make some Quality decisions and ‘Re-plan’ what YOUR CURRENT SITUATION . This is impossible if you simply ‘float along’

**A SHIP WITHOUT A COURSE or RUDDER WILL SIMPLY  
“GO AROUND IN CIRCLES”**

Most people are on Life’s ‘merry go round’ helpless at the manipulation of Finances (debt), media, and the influence of the ‘OUTSIDE WORLD’ To create a ‘**BUFFER ZONE**’ from the ‘**OUTSIDE WORLD**’ you must FOCUS ON THE INSIDE WORLD.

As CHRISTIANS we had better take note of Jos 1:8 and Mat 22:37-40 and Plan and SCHEDULE the TIME (remember LOVE =TIME) to create this QUALITY TIME ‘BUFFER ZONE’

**PLANNING  
QUALITY  
TIME & ‘SPACE’**



**PUSHES ‘BACK’ THE ‘OUTSIDE WORLD’ &  
INCREASES THE ‘ANOINTING’**

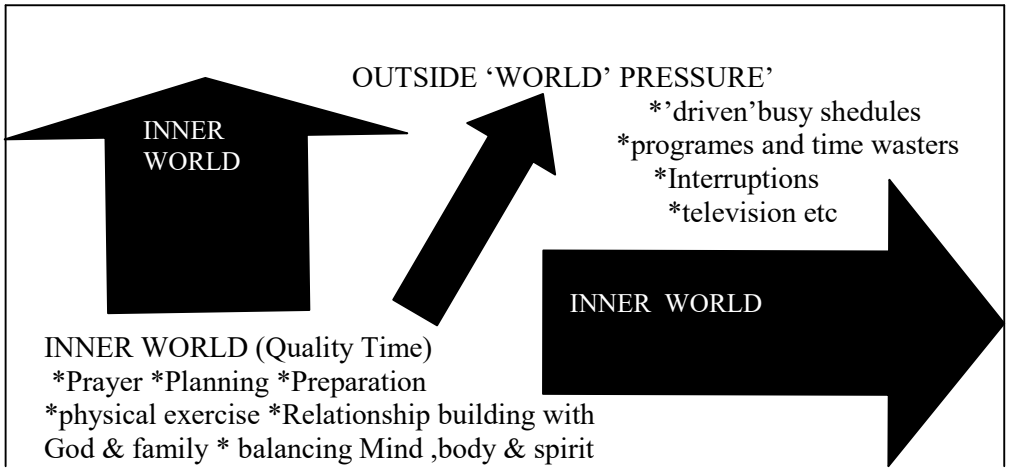
**YOU BECOME MORE OF A ‘ACTOR’ RATHER THEN A REACTOR’**  
Everybody ‘out there’ is ‘at you’ for some thing or the other !

**YOUR HOME SHOULD BE A ‘SANCTUARY OF PRAY, PEACE &  
INCREASED ANOINTING!’**

Doctor David Yonggi Cho was ‘amazed’ at how many American evangelists did not personally pray for one hour or more ? (he prays for 3 hours daily)

**“THE BUSIER I GET THE MORE TIME I SPEND BEFORE GOD”**  
**Dr.Yonggi Cho**

(Cho runs the largest Pentecostal church in the world and I had the great pleasure of attending several of his Sermons at the Gold Coast conference 2001....and yes he ‘carries a Great ANOINTING!’)



**EXPAND YOUR 'INNER WORLD' AND REVERSE THE POLARITY !**

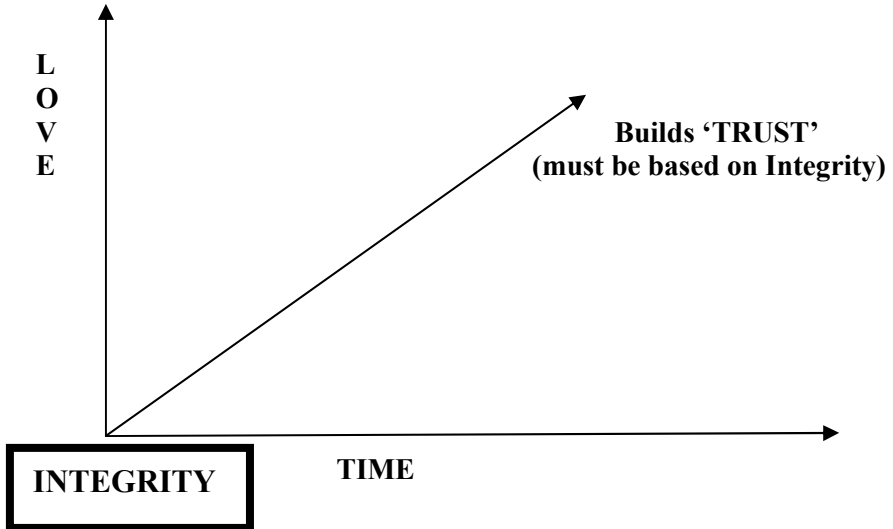
“I wish to be 10,000 times bigger on the inside, than on the outside!”

Smith Wigglesworth

Wigglesworth the Great man of FAITH was in continuous prayer and raised about thirty people from the dead, dramatically healed cancer patients etc.....so POWERFUL was his anointing!

From 'spending **TIME WITH GOD !**'

**LOVE = TIME (BUILDS TRUST)**



He wouldn't even allow a newspaper into his home (negative news instead of 'good news) This was **GODLY TIME MANAGEMENT**.

Remember when Moses spent **TIME** conversing with the **LORD** on Mt Sinai and in the Tabernacle of meeting the '**GLORY**' was so bright the people of Israel couldn't look directly at his face , so he had to wear a veil over his face. Exodus 34:28-35

In our **BUSY WORLD** the **TIME FACTORS** have become **DRIVEN** rather than 'flowing' in the Holy Ghost.

The only way to **STOP THE STRESS OVERLOAD** is to **SPEND TIME WITH GOD** and your family and the '**ANOINTING**' will make your face **GLOW** with **THE GLORY** as well.

**THERE IS NO 'STRESS ' IN THE ANOINTING !**

**What has this to do with 'getting in shape'? EVERYTHING !**

Do you think that 'being overweight' and 'getting in shape' is a simple matter of Diet, and setting a few Goals ? and training at the Gym?

It's far **DEEPER THAN THAT !**

Whatever happens in the **SPIRITUAL ... REFLECTS** in the **PHYSICAL !**

You will find that in many instances ,being out of shape, both physically and mentally can have 'deep seated spiritual and psychological(mental) problems that can reflect 'low self esteem' and self image .

This can be a 'spiritual' nature 'reflected ' in 'excessive' eating patterns or the opposite may occur (anorexia).

**The CURE is a RELATIONSHIP of PERFECT LOVE !**

**LOVE =TIME**

**GOD IS LOVE (1John4:8)**

Remember when you were courting your wife(or husband) the **TIME** you would spend together establishing your **RELATIONSHIP** and building up you **TRUST ACCOUNT** and the '**GLOW**' on the **FACES** of those in **LOVE** ?  
Would anything stop you from going over to your girlfriends/boyfriends house to spend that valuable **TIME** with each other ? of course not!

You by default were **PRIORITIZING YOUR INNER WORLD !**

Now the modern world is invading our **PEACE** and **PRIVATE SPACE** so we must **GUARD** against it by **SYSTEMATICALLY PLANNING** to counteract the advance of the **ENEMY** to **STEAL TIME**.

## **2) PRIORITIZE your INNER WORLD and PRIVATE TIME**

After you have sought your **VISION** or some call it a **MISSION STATEMENT** it is time to then 'work the plan'

**REMEMBER FAILING TO PLAN IS PLANNING TO FAIL**

This holds true for both **INNER WORLD** and **OUTER WORLD**  
(Refer fig 1,2 &3) but you must work from the **INSIDE** to the **OUTSIDE**.  
For example I had a Vision to 'Expand my personal training business'



With a network of 'Affordable Personal training centers' throughout Australia and the South Pacific. I also set up courses to educate people about the MIND ,BODY & SPIRIT connection and 'practical' Christianity.

I also set up training courses to build 'self-esteem' through various training courses for unemployed etc this 'broadened' to WORLD HEALTH !

(vision received at Kenneth Copeland meeting Brisbane 31/3/98)

Now, I wrote that in my diary and on a large sheet and stuck it on my office wall ....any here we are writing the book !.....four years later.

(Refer to diagrams 1,2,3,4) to get the 'Putting it all together picture'

### **SPECIAL NOTE**

#### **REGARDING TIME MANAGEMENT AND VISION STATEMENTS, MOTIVATIONAL BOOKS ,POSITIVE THINKING ETC**

It seems 'today' everybody is on the You can do it 'bandwagon', 'believe and receive' 'be a millionaire' self-determination, self-made, Mind Power Etc.....no doubt these 'principals' are basically TRUE, and I notice that in the back page of these books are some 'Philosophy' or 'belief system'

Or it could be a couple of 'quotes' from the bible.

An old mate of mine who is a very respected Businessman and director of 'Save Australia' Bob Walsh (now in his 70's ) said to me

**“Graham, NOTHING IS NEW IN THIS UNIVERSE THAT HASN'T BEEN DONE BEFORE”**

**In other words “re-discovering the wheel' several times over, all the fancy names and 'catch' phrases same old 'principals'.**

My Observation is all that these authors do is 'Present and re-present' the **PRINCIPALS OF THE BIBLE and the TIMELESS TRUTHS (usually without any 'direct reference' to THE LORD as the “author” of these CONCEPTS and PRINCIPLES.**

### **I DO NOT WANT TO DO THAT !**

**Every Concept and Principle I Present in this book are derived from**

- 1) My own Personal Experience and life story and self-education**
- 2) REFLECTED IN THE HOLY BIBLE BY 'REVELATION'**
- 3) INSPIRATION BY THE HOLY GHOST**

I good Friend and Motivational Speaker ,Mark Houahan, and I were speaking about the subject material he was presenting and he said that the ‘author’ of the material and he said that the material was ‘Inspired by GOD’ so how can you copyright that ?

Likewise, you will see the common denominators of **UNIVERSAL GODLY PRINCIPALS in all TIME MANAGEMENT BOOKS** (however, the author of these various books may not even be a Christian, however the Principals of God work **UNIVERSALLY** the salvation of that person can only be determined by his/her ‘PERSONAL CONFESSION’

I will Give you a LIST of my self-Study Books if you wish to further **RESEARCH YOURSELF** the various Principles and Broaden your understanding from different authors viewpoints and perspectives on various subjects (some not necessarily Christians ) **you can ‘discern’ for yourself.**

My God given ‘Talent’ seems to be  
**‘PUTTING IT ALL TOGETHER’**

so that the ‘average’ person can understand the practical applications and apply it in every day life:

TIME MANAGEMENT ‘CONCEPTS’ are always Similar , however, the ‘real TEST’ is if YOU CAN APPLY THE CONCEPTS YOURSELF and PUT THEM INTO PRACTICE ‘DAILY’ If I have Motivated you to do that then ...

**THE OBJECTIVE HAS BEEN ACHIEVED !**

### **Recommended reading List**

- 1) ***SPIRIT FILLED HOLY BIBLE(NKJV)***  
*(Jack Hayford editor) Thomas Nelson publishers*
- 2) ***Hayford’s Bible Handbook (Thomas nelson Publishers)***
- 3) ***Life Application Bible (Tyndale House publishers)***
- 4) ***Study notes by pastor Keith Loy***
- 5) ***Smith Wigglesworth (the complete collection of his life teachings)***  
*By Roberts Liardon (Albury publishing Tulsa, Oklahoma)*
- 6) ***Gods Emerging Leadership by David McCracken***

*Advance Pub Co Hobart Tasmania*

7) *The Power and the Blessing by Jack W. Hayford*

*Victor Books Pub*

*\*Note: any book written by Jack Hayford is 'Highly recommended'*

8) *Developing the Leader Within You by John C. Maxwell*

*Thomas Nelson Pub*

9) *7 Effective Habits of Highly Effective People by Stephen R. Covey*

*Simon and Schuster, New York*

*\*Note: Highly recommended reading*

10) *Wrestling with dark Angles by C. Peter Wagner & F. Douglas Pennoyer*

*Monarch Publications, Great Britain*

10) *The Holy Spirit my Senior Partner by Paul Yonggi Cho*

*Word Australia*

11) *Spiritual Warfare by Derick Prince*

12) *Throne Room Living by Reg Klimonock*