

It's Time To Cleanse & Build **THE TEMPLE OF GOD**

2026 GOALS

This may seem like a very different type of Message to start the **NEW YEAR** with — but this is the **WORD** the Lord quickened to my spirit — and it is a Word we all need to hear and take to heart — as our response to it will have a dramatic impact on the rest of each and every one of our lives!

As extrapolated by these two questions — do you want to — **DIE PREMATURELY** — or — **LIVE A LONGER AND MORE BLESSED LIFE** — and — do you want to not only — **ADD MORE YEARS TO YOUR LIFE** — but also — **ADD MORE LIFE TO YOUR YEARS**.

If so — this is the year to make some major changes to our lifestyles — both spiritually and physically — or as the Lord laid on my heart — the **YEAR TO CLEANSE AND BUILD THE TRUE TEMPLE OF THE LIVING GOD** — especially when we remember that scripture repeatedly states...

“Your Body is the Temple of God!”

MY SON & I TAKING CARE OF THE TEMPLES OF GOD



MY PHYSICAL GOAL IN LIFE
— *when I grow up I want to be big and strong like my son !!!*

**Developing A Healthier Life Style
To Live Better, Stronger & Longer**

IT'S NEVER TOO LATE TO START

Let me kick this imperative but seldom preached topic off by stating my intent in writing this potentially life-changing message is — **NOT JUDGMENTAL — NOR IS IT BRAGGADOCIOS.**

It is simply a Spirit-inspired word of encouragement — and a Call in the Spirit to everyone so we can all live a longer and much more fulfilling life to the glory of God — and in so doing better or more completely fulfill the **DIVINE DESTINY** God has ordained for each and every one of us — and — **it is never too late to start.**

To illustrate — I may be 74 1/2 years old as I write this — but I have had a consistently growing goal and heartfelt desire to be — **IN THE BEST SHAPE OF MY LIFE WHEN I REACH MY 75TH BIRTHDAY** — in just under six months from now — and by the Grace of God coupled with sheer determination and wholehearted dedication — I intend to achieve that goal!

Some will surely say — that is a ridiculous desire — or that is such a carnal aspiration — or that is so unbiblical and worldly minded — why not just make it your goal to become more spiritual and grow old and decrepit and turn into a Has-Been gracefully.

And some will even go so far as to quote the words of the apostle Paul to emphasize such a negative point of view:

“BODILY EXERCISE PROFITS A LITTLE — but godliness is profitable for all things, having promise of the life that now is and of that which is to come.” 1 Timothy 4:8

For the record — the Greek word for exercise used here is none other than — **GYMNASIA** — which readily relates to — **GYM** — indicating that physical training, bodily discipline and exercise do offer some benefits but such are temporary and limited — while — **GODLINESS — SPIRITUAL**

DISCIPLINE and **CONSECRATION TO GOD** — are far more valuable as they will yield lasting rewards for both this life and for eternity.

I for one would never attempt to argue with the primary truth contained in this scripture — that godliness far exceeds any temporal or physical benefit which may be derived from a disciplined work out routine — but let us not throw the baby out with the bathwater.

For God never intended this to be an — **EITHER / OR** choice — but rather a **DUAL ADMONITION** — incorporating both physical and spiritual development into our lifestyles — with the greater emphasis understandably placed on living a godly Christ-centred life — but your physical being still plays a vital and highly important role in every aspect of your life.

It was many years ago as I was pondering and praying over this scripture that God spoke a distinct word clearly to my heart — as He said — **BODILY EXERCISE DOES PROFIT A LITTLE — FOR THE LITTLE TIME YOU ARE IN THIS BODY!**

In short — bodily exercise — or taking care of this physical body God has so graciously given us for the express purpose of housing our spirit man and His Presence — is of great importance for all the years we are physically alive and dwelling in this present earth — in fact — bodily exercise can potentially add both quality and years to this life.

And whether we choose to believe it or not — it is our responsibility to — **TAKE CARE OF THE TEMPLE OF GOD** — for these physical bodies we live in are the true Houses, Abodes, Dwelling Places and Temples of the Living God — exactly as the apostle Paul stated:

“Do you not know that YOU ARE THE TEMPLE OF GOD and that THE SPIRIT OF GOD DWELLS IN YOU?” 1 Corinthians 3:16

In other words — the Spirit of God lives in these physical bodies — which ultimately equates to

**BODILY
EXERCISE
PROFITS A
LITTLE**
1 Timothy 4:8

— no physical body — no place for the Spirit of God to dwell in.

And the moment you draw your last breath — your impact in this world — your ability to fulfill the Destiny of God on your life — and your ministry to help build the Kingdom of God and lay up eternal treasure in Heaven — comes to a grinding halt — for without your body — your life here on earth is done!

Which physical reality should immediately make it a high priority to look after the Temple of God — which temple we are — both individually and collectively!

As the apostle Paul further emphasized:

*“Or do you not know that **YOUR BODY IS THE TEMPLE OF THE HOLY SPIRIT** who is **IN YOU**, whom you have from God, and you are not your own?” 1 Corinthians 6:19*

*“For you were bought at a price; therefore **GLORIFY GOD IN YOUR BODY** and **IN YOUR SPIRIT**, which are God’s.” 1 Corinthians 6:20*

Scripture could not make this point any more evident — as it is clearly stated — we are called to glorify God in both our **BODY** — and in our **SPIRIT**.

So if you are reading this little article while glued to the television set on a well worn sofa with a **six pack of Pepsi and five huge bags of potato chips** — don’t be condemned.

Just make a firm decision right now that you are going to make 2026 the year to change your lifestyle — and begin to glorify God in both your body and your spirit!

And determine that you are going to **CLEANSE AND BUILD THE TEMPLE OF GOD** this year — which is your body — and there is no better time to start than right now!

THE CLEANSING OF THE TEMPLE IN JERUSALEM

Now before we get into the primary reason why it is so imperative we determine to cleanse and build these earthly temples — along with some well needed pointers on what we can do to bring our spirits and earthly bodies into better shape for the use of God — let us dive into another of those fascinating prophetic truths which are so often revealed in scripture.

So here is a bit of — **SPIRITUAL MEAT** — as most believers have little to no real concept of this biblical fact — but do you realize that — **JESUS ACTUALLY CLEANSED THE TEMPLE OF GOD TWICE** — which from a spiritual Growth-In-Christ perspective indicates that we must not only allow but also welcome Jesus to cleanse these earthly physical temples more than once.

As the very first thing Jesus did in starting His earthly ministry was to — **cleanse the Temple in Jerusalem** — as seen in the start of the Gospel of John.

For He had no sooner turned water into wine in His first recorded miracle in John’s Gospel account — and the very next thing He did was to go into the Temple of God.

*“And He found in the Temple those who sold oxen and sheep and doves, and the money changers **DOING BUSINESS**. When He had made a whip of cords, He began to **DRIVE THEM ALL OUT OF THE TEMPLE** with the sheep and oxen, and **POURED OUT THE CHANGER’S MONEY** and **OVERTURNED THE TABLES.**” John 2:14-15*

This was serious business to Jesus — especially when you realize He did this first — before He ever opened a blind eye or healed a cripple —

**WHY DID JESUS
CLEANSE
THE TEMPLE
TWICE — AT THE
BEGINNING OF
HIS MINISTRY
AND AGAIN AT
THE END**

thereby placing the highest importance on the Temple of the Day — as their carnal greedy exploitive actions were a clear indication of how low their dedication to God was — as they had turned the Temple of God into a **Den of Thieves!**

*“And He said to those who sold doves, ‘Take these things away! Do not make My Father’s House a **HOUSE OF MERCHANDIZE!**’” John 2:16*

A very rough but extremely bold start to His ministry — which reveals that Jesus had obviously not read any of today’s much beloved self-help books such as — “*How To Win Friends and Influence People*” — but it was certainly clear as scripture states that — **ZEAL FOR YOUR HOUSE HAS EATEN ME UP!**” John 2:17

And if God was that zealous over the Temple of Rock and Stone made by human hands in Jerusalem — imagine how much more zealous He is today over His **TRUE TEMPLE** which is now being built by His Spirit in human flesh and hearts!

But this was not the only time Christ cleansed the Temple — as all three of the Synoptic Gospel writers — Matthew, Mark and Luke — record a second instance — this time at the very end of Jesus’s three or three and a half years of ministry.

As it was shortly after Palm Sunday — approximately three or four days before He would be crucified — that Jesus once again cleansed the Temple in Jerusalem — which was still filled with the same type of greed and avarice and carnal practices as it had been at the start of His ministry — indicating that the money hungry priests and exploiters of religion for personal gain had learned nothing of the true ways of God!

As once again — “*Jesus went into the temple of God and **DROVE OUT ALL THOSE WHO BOUGHT AND SOLD** in the temple, and overturned the tables of the money changers and the seats of those who sold doves. And He said to them — ‘It is written — **‘MY HOUSE SHALL BE CALLED A HOUSE OF PRAYER FOR ALL NATIONS’** — but you have made it a ‘Den of Thieves.’” Matthew 21:12-13*

Now here comes the part I love the best about this unpleasant and highly carnal business in the temple — for scripture no sooner states that Jesus cleansed the temple — and the true business of the temple comes into play!

“THEN THE BLIND AND THE LAME CAME TO HIM IN THE TEMPLE — AND HE HEALED THEM!” Matthew 21:14

Wow — Wow — Wow — talk about a dynamic reason to start this year off by cleansing the temple — our physical and spiritual beings!

As despite the New Testament reality that all we are and all God does through us is — **BY HIS GRACE:**

There is still an overarching truth that — **the cleaner the temple — the greater the Presence of God will be** — the more powerful the tangible Anointing of God — the more of Christ’s manifest indwelling — the greater our confidence — and **the greater miraculous results we shall see!**

For we are the Temple of God — and God is still in the business of cleansing His temples so they will be and function as He intended!

To further illustrate this point — consider the timing of when — **JESUS CURSED THE FIG TREE** — which took place immediately after He had cleansed the Temple in Jerusalem the second time — during the final few days remaining before His crucifixion!

Almost all Bible scholars readily agree that the Fig Tree represented Israel — and its opulent temple — as well as its failed worship and lack of devotion to the True and Living God — and the reason Jesus cursed the fig tree was that it was barren — it was producing **NO FRUIT.**

Which act signified **the end of Temple Worship** — as something new was about to happen — an entirely new system was about to take place!

Which had been prophesied over 700 years earlier in the prophetic writings of Isaiah where God asks this underlying question of the Bible:

THE END OF MANMADE TEMPLE WORSHIP

"Thus says the LORD: 'Heaven is My throne, And earth is My footstool — **WHERE IS THE HOUSE YOU WILL BUILD ME** — And where is the place of My rest?'" Isaiah 66:1

And then God concludes the question with this statement:

*"But **on this one will I look** — On him who is poor and of a **contrite spirit** and who **trembles at My Word!**"* Isaiah 66:2

This was the clear and long intended purpose of God — to move from manmade temples into the hearts of those **CREATED IN HIS IMAGE** — into the bodies of those destined to **HOUSE HIS GLORY** — no longer in some ornate temple made by human hands — but rather in the very human temples God had created to house His Holy Presence!

This overarching truth of scripture is further evidenced by the words of Jesus — the first time immediately after He had cleansed the Temple at the start of His ministry — where He stated:

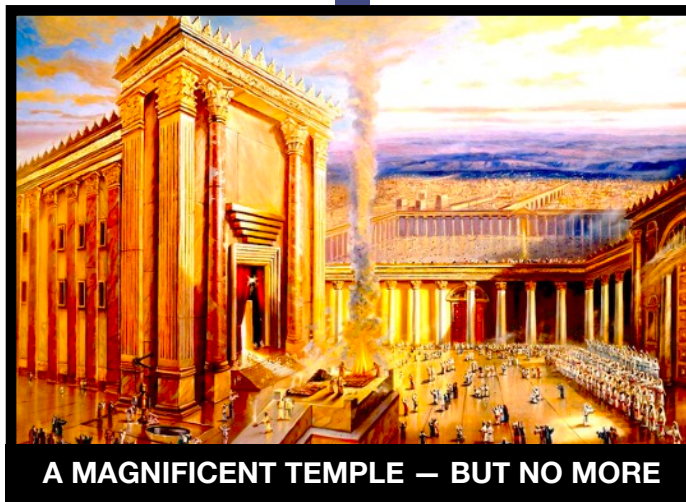
*"**Destroy this temple, and in three days I will raise it up.**"* John 2:19

And then again in Matthew and Luke Jesus stated to the Pharisees — right in front of their magnificent temple which was the central focus and heart of their misguided devotion and religion:

*"These things which you see—the days will come in which **NOT ONE STONE SHALL BE LEFT UPON ANOTHER** that shall not be thrown down."* Luke 21:6

And then again in Matthew's account — after His Triumphal Entry into the city — after He had cleansed the temple the second time — and immediately after He had cursed the Fig Tree and given the prophetic declaration concerning Israel and the end of the magnificent Temple in Jerusalem — Jesus said to the Pharisees:

*"Have you never read in the Scriptures — **THE STONE WHICH THE BUILDERS REJECTED** has become the **CHIEF CORNERSTONE**. This was the Lord's doing, And it is marvellous in our eyes!"* Matthew 21:42



The Chief Cornerstone of which Temple — not the manmade temple in Jerusalem which would be destroyed by the Romans in 70 AD — but the **NEW TEMPLE** — which now — post Cross with the eternal sacrifice made — could be built in the hearts and spirits and bodies of true believers.

A temple which scripture clearly teaches we are all part of — and have all been made — **"LIVING STONES"** — and are being built up a **SPIRITUAL HOUSE** — a **HOLY PRIESTHOOD** — to offer up **SPIRITUAL SACRIFICES** — acceptable to God through Jesus Christ." 1 Peter 2:5

So at the risk of angering some die-hard Scofield eschatologists — or at least rocking the end time theology of Darby — let me state clearly:

Jesus is not coming back to live in another Temple in Jerusalem — no matter how many times they attempt to rebuild the Temple — or how many wars may ensue as a result.

For the temple may indeed be rebuilt as many have prophesied and tried to do — but whether it is truly built or not — **Jesus will not inhabit it.**

For **He already inhabits the Temple He desires** — which is the Temple He determined to dwell in from before the foundation of the world!

And now it is up to you and I to cleanse and build the true Temple of God — which is none other than our physical bodies — in which temple we are all fit together as — **LIVING STONES!**

And it is these Temples of Clay today which need His **SPIRITUAL CLEANSING** and **BUILDING**.

CLEANSING THE LEPROUS HOUSE & THE PRIESTLY ROLE

Now before we shift into the practical side of cleansing and building the true Temple of God — which as already stated is our collective bodies — here is a powerful revelation from what many will surely think one of the most obscure and boring sections of the Bible.

But it contains a powerful analogy — which like so many other scriptures lays out the purposes of God that have been hidden for our discovery in the divinely woven tapestry of scripture.

So with that — let's jump into Leviticus 14 — where we will readily see a powerful analogy of the **High Priestly Role of Jesus** in operation — as well as the reason why Jesus cleansed the Temple in Jerusalem — not once but twice!

For according to Levitical Law — there was a mandatory requirement whenever a report arose of a form of mildew or mold in anyone's house — indicative of a potential plague of leprosy!

And of course — **LEPROSY** — besides being a loathsome disease which made the afflicted person unclean — was generally considered synonymous with — **SIN** — or in a more generalized sense — a corruption — or anything that corrupts an individual or their house.

As per Old Testament Levitical Law — if the owner of the house detected a corruption or a leprosy in his house he was to call for the priest who would — *“inspect the house”* — and — *“if the plague was on the walls of the house”* — the priest would — *“shut up the house for seven days.”* Leviticus 14:36-38

The priest would return after seven days — and if the leprosy or contamination had spread in the house — he would — **“take away the stones in which is the plague... and cause the house to be scraped inside, all around.”** Leviticus 14:4

And then the priest would take — **OTHER STONES** — and put them in place of the stones which had been removed and then re-plaster the walls.

Now here comes the real test — for after the priest has performed the initial inspection and remedy — if he returned and found the plague had not spread — the house was pronounced **CLEAN** — but if the **LEPROSY HAD SPREAD** it was considered an Active Leprosy.

Then the priest — *“shall **BREAK DOWN THE HOUSE** — its stones, its timber, and all the plaster of the house, and he shall carry them outside the city to an unclean place.”* Leviticus 14:44-45

**JESUS
OUR GREAT
HIGH PRIEST IS
INSPECTING
THE TRUE
HOUSE
OF GOD**

Now with that Old Testament principle understood — let us jump forward to our true **HIGH PRIEST — JESUS CHRIST** — who at the very commencement of His ministry — in fact the very first thing He did — went into the **HOUSE OF GOD** — the manmade Temple in Jerusalem — and thoroughly cleansed it of its **Religious Leprosy and Rife Corruption** for the first time.

And then — three years later — just like the Old Testament Priest did — Jesus returned to inspect the House of God one last time — just before His Death, Burial and Resurrection — and found the corruption just as bad or perhaps even more rampant and rife than it had initially been — indicating that the plague was spreading — which left Him no choice but to order its destruction — for it was **UNCLEAN!**

Which gives additional background to Jesus's Words that — **“not one stone shall remain upon the other”** — for the entire religious system of the day had become afflicted with the plague of leprosy — and it was corrupt to the very core!

But the prophetic analogy of Leviticus does not end on a negative note — for now Jesus Himself — the Eternal High Priest — would rebuild it — not with hewn stones of granite or limestone — but with — **LIVING STONES** — in the hearts and

lives and bodies of all those who were — and all those who are — truly desirous to serve the Lord in the beauty of holiness!

IT'S TIME TO CLEANSE THE TRUE TEMPLE

Now with that backdrop — let's move on to the practical side of cleansing this earthly Temple of our bodies — as well as the **cleansing of our soul and spirit** — which constitutes the first of the two principle reasons for writing this article.

For you have no idea how many times I have left campaigns — **rejoicing in the Marvels God has done** — the many mighty miracles of healing — and the masses who have responded to Christ for salvation — witnessing things that most Christians have only dreamt of seeing.

And yet there is always **a nagging sense in my spirit that God could have done so much more** — if I was just a little more spiritual — or if there was not some remaining flaw in my heart that was still hindering the full blessing and manifestation of God's Presence and Power!

And no — I am not talking about such obvious or blatantly destructive habits such as being mercilessly bound by alcohol or drug addictions — or given over to thievery and deceitful exploitation — nor adultery and fornication coupled with relentless driving lust — all of which sins despite their depth of depravity can be readily and immediately washed away by the Blood of Jesus — if one is sincerely repentant with a true change of heart and desire!

I am referring to much smaller seemingly insignificant things — anything in fact that attempts to take precedence over the Compassion and Call of God upon our lives — or interferes with our devotion to Him and Him alone!

Which as Solomon declared are — **“the LITTLE FOXES that spoil the vine!”** Song of Solomon 2:15

These so-called **LITTLE FOXES** are the small, insidious issues which are not major transgressions — but can still cause significant harm — especially to one's sense of confidence before God — and as such can hinder or limit the Anointing of God in one's life!

Little Sins which we may consider small or excusable — after all we are only human — sins such as allowing a bit of pride in our accomplishments to begin to creep in — envy of another — jealousy of someone else's blessings — neglect of quality time with God — or the subtle sin of **taking God's Grace for granted** — and periods of momentary doubt or wavering of our faith — or anything which could curtail or limit the blessing of God in and through our lives!

Which is why we must strive to be more vigilant and **address even the most minor of issues in our lives** — rather than leave them fester until they develop into larger problems — in other words — we must nip any and every minor sin in the bud!

For while the large foxes may attempt to eat the ripe grapes and the fruit of our vines — it is these little foxes which can slowly dig away and gnaw at the roots of our faith and eventually spoil the entire vine!

Which is why we must always remember that Jesus said — **“I AM THE VINE AND YOU ARE THE BRANCHES”** John 15:5a

Which verse is immediately followed by this sobering statement — **“For without Me you can do nothing”** — John 15:5b — which emphatically reveals our absolute necessity to remain fully connected and fully dependant upon God in all things — and to — **NEVER TAKE HIS ANOINTING FOR GRANTED!**

And I sense this year that — the **ETERNAL HIGH PRIEST OF OUR CONFESSION** is once again **inspecting His Temple** — and it is time for a fresh cleansing in the House of God!

Which is why I am starting this New Year off with an earnest and sincere cry in the spirit realm:

THE LITTLE FOXES SPOIL THE VINE Song of Solomon 2:15

LORD — PLEASE CLEANSE THIS TEMPLE AFRESH — let there be no plague of leprosy found in me — cleanse any and every area of my life that needs cleansing — help me to not be self-reliant — and to never take Your Grace for granted — but to wholly and only depend upon Your indwelling Presence and Power and the leading of Your precious Holy Spirit!

And as the apostle Paul admonished all believers I pray — *“Lord — by the Mercies of God — I present **MY BODY** — this fleshly temple — to You as **A LIVING SACRIFICE.**” Romans 12:1*

And I pray Lord Jesus — help me to — *“not be conformed to this world, but to be **TRANSFORMED BY THE RENEWING OF MY MIND** — that I may prove what is that good and acceptable and perfect will of God.” Romans 12:2*

Some may wonder — **WHY DO I FEEL SO PASSIONATE ABOUT THIS TIME OF DEEPER CLEANSING AND RENEWED DEDICATION!**

In a nutshell — I have received many words of encouragement lately saying — **YOUR BEST DAYS AND GREATEST ACCOMPLISHMENTS IN GOD ARE STILL TO COME** — and I am believing the same for you reading this!

Which brings us to the famous quote by the old British Revivalist Henry Varley — who the famed Dwight L Moody heard at a conference in 1873.

“THE WORLD HAS YET TO SEE WHAT GOD CAN DO WITH A MAN FULLY CONSECRATED TO HIM.”

Moody was so moved by that heart-hitting statement that he determined to be such a man — and — **if D.L. Moody could do it — so can you and I.**

But the question is not — can we do it — but rather — **WILL WE DO IT!**

Will we lay aside those little shortcomings and petty sins which so easily beset us — and will we

press in with God — allowing the Lord to thoroughly cleanse these earthen vessels in which He dwells — I pray so — for both you and for me — and for the extension of His Kingdom into all the world!

IT'S TIME TO BUILD THE TEMPLE OF GOD

Which finally brings us to the second principle point of this New Year's article — which is absolutely imperative if we are to truly fulfill our Divine Destiny and the High and Holy Call of God upon our lives!

For there is so much work still to be done for the Kingdom of God — so many precious souls to still reach — and so many cities and nations to impact for Christ.

And if we are going to stick around on the top side of the dirt for a while — and do our part in this Great End-Time Harvest — we need healthy strong energetic bodies.

Which means we must reconsider the importance of and what it means to — **BUILD UP THESE EARTHLY BODIES** — which joined together constitute the **TRUE TEMPLE OF THE LIVING GOD.**

Which brings us back to the two pointed questions asked at the start of this article:

Do you want to — **DIE PREMATURELY** — or — **LIVE A LONGER AND MORE BLESSED LIFE.**

And — do you want to not only — **ADD MORE YEARS TO YOUR LIFE** — but also and even more importantly — **ADD MORE LIFE TO YOUR YEARS.**

If so — this is the year we need to — **PAY MORE ATTENTION TO OUR PERSONAL HEALTH** — and build up these physical bodies — for without a strong, healthy body filled with energy, strength and God's Spirit — we will find ourselves extremely limited in what we can do.

**LIVE LIFE
LIKE
YOUR
BEST DAYS
ARE
STILL AHEAD**

And unfortunately — **many Christians — especially preachers** — are amongst the most notorious for violating health rules — sloughing off the two most basic elements of good health which are — **DIET AND EXERCISE** — with the pat answer that— God will look after me!

And God surely will look after us — for He is our Healer — but — the real **YOU** is not your body — it is your spirit man — and the **BODY** is simply the **VEHICLE** which houses and transports your spirit being throughout this earth realm.

And everyone should know — regardless of how finely tuned or robust an engine you have in your vehicle — if you fill your tank with **DIRTY DIESEL** the fuel injectors will soon become clogged and your engine will no longer start.

And if you run your engine — **OUT OF OIL** — it will quickly seize up — exactly the same as your body will.

Which is why a person may come to a healing meeting and receive an instant miracle — but if they go home and keep putting the **same garbage in their fuel tank** which caused the disease — within a few years the same symptoms and afflictions will return — and they will be saying — I thought God healed me!

So with that little analogy — here are a few practical tips to help regenerate and invigorate these Temples of Clay — starting with a drastic change to diet — plus physical exercise — and ensuring you get enough rest and sleep to rebuild — as well as stress reduction — all coupled with an ever increasing awareness that the Greater One abides within us!

But first and foremost must come a radical change in diet!

Especially when we consider how many great preachers of the past — and preachers and believers of our day — who have literally — **DUG THEIR EARLY GRAVES WITH THEIR OWN TEETH!**

Living on a copious diet of straight — **JUNK FOOD** — stuffing their bulging bellies with sugar and starch — and sodas which are mostly sugar — and fast food burgers and greasy french fries that have very little if any nutritional value!

And then we come to GMO products — and processed foods which are filled with chemicals and additives — poisoning the body — causing obesity — heart problems — cancer — diabetes — mobility issues — and a host of other health-destroying and life-shortening ailments!

If that is not enough of a challenge — add in this troubled world's increasing sense of **anxiety — stress — and fear** — which are killers to our immune system — resulting in phobias, insomnia and sleepless nights which don't allow the body to get adequate sleep or time to rejuvenate.

And then the **Couch Potato Syndrome** — where people no longer exercise — muscles weaken and atrophy — bellies grow — and fat — both external fat and visceral fat around the organs — weighs them down to the point of sluggishness leaving little to no energy or desire to do anything but sit around and grow worse — as they find themselves losing all desire to do anything!

A bleak picture — yes — but **there is a sure way to change that — and this is the year to do it!**

So start by laying off the crap junk food — establish a wholesome diet — get plenty of protein which forms the building blocks of muscle — and develop an exercise routine — and watch your health begin to spring forth speedily!

YOU OWE IT TO YOURSELF — and regardless of what age you are — or how far you may have let your health slip — make a firm decision that **enough is enough** — say this is the year I am going to look after my health — so I can enjoy my remaining years here — and fulfill my destiny!

For the bottom line is — **GOD NEEDS YOU HERE** — you are a vital part of His Eternal Plan — and He needs you in good health and sound mind to accomplish His Will in this earth!

**YOUR BODY
IS YOUR
VEHICLE —
KEEP IT
WELL
SERVICED**

MY PERSONAL GOALS FOR 2026

Now I certainly don't expect anyone else to be as zealous or radically determined as I intend to be — but I will quickly share my personal goals for the first six months of 2026 which will take the most discipline I have ever had — here they are:

First and foremost **to cleanse and build up the spiritual side of this earthly temple** with:

- ◆ at least 1 to 2 hours of Prayer to start the day
- ◆ plus 1 to 2 hours of studying the Word of God
- ◆ and 2 hours of writing Gospel reports and finishing books

And for the purpose of **cleansing and building up the physical part of this temple** I intend to:

- ◆ start with a few days of water fasting — to put my body into ketosis and fat burning mode
- ◆ Coupled with a full hour to 1 1/2 hours of High Resistance Training at least 5 days a week

And **for diet** my goal is to:

- ◆ Cut out all sugar, carbs, starch and desserts
- ◆ And go strict Carnivore Diet — which is virtually straight protein to build lean muscle

In essence — my life for the next 6 months will consist of little more than — **PRAY, STUDY, WRITE & PREACH** — plus **EAT, TRAIN & SLEEP** — and then repeat — repeat — repeat!

I now it won't be easy to stick to it — but I also know the results will be well worth all the sacrifice and renewed discipline it takes!

Especially since my overarching goal for the next six months is to — **GAIN 10 POUNDS OF LEAN MUSCLE** — and — **LOSE 25 POUNDS OF FAT** — which should take me from the 200 pounds I am now to 185 pounds of lean rippling muscle.

Or literally — **A LEAN MEAN PREACHING MACHINE** — with a Fresh Anointing and Holy Zeal to more effectively impact our nation of Canada — and the far flung regions of this world!

And my ultimate goal is — to be in the absolute **BEST PHYSICAL AND SPIRITUAL SHAPE OF MY LIFE WHEN I TURN 75.**

Without the slightest bit of desire to retire or chuck in the towel — but rather to be ready and raring to **ROCK AND ROLL FOR JESUS** and to truly fulfill my God-given destiny — knowing the **BEST YEARS ARE STILL AHEAD!**

And for those who think such ambition is a tad overboard or out of reach — if Caleb could boldly state he was just as strong at 85 as he had been at 40 — I can surely shoot to be stronger than I have ever been at 75 — and so can you — for age is nothing more than a number!

And **TAKING CARE OF YOUR TEMPLE WILL RAPIDLY ROLL BACK THOSE NUMBERS** — exactly as the prophet Isaiah stated:

*“But those who wait on the Lord shall **RENEW THEIR STRENGTH** — They shall mount up with wings like eagles — They shall run and not be weary — They shall walk and not faint” — Isaiah 40:31 — so let's all build up the Temple of God!*

WHY DOES GOD WANT US HEALTHY & STRONG

UPCOMING
CAMPAIGNS
TO KICK
OFF OUR
2026
HARVEST

**PHILIPPINES — INDIA — BANGLADESH —
INDONESIA — BORNEO — MALAYSIA — VIETNAM —
AFRICA — CANADA — AND MORE**

Please stand with us in Prayer & Support

SO WE CAN KEEP RUNNING HARD TO REACH THE WORLD

MOTIVATION IS KEY TO SUCCESS

When our son Michael was conceived — I prayed — LORD, BUILD ME A SON — BIG AND STRONG — and God surely answered that prayer — and he is now my best-ever gym partner — and a source of strong motivation and keen incentive!

To the point that my prayer has now changed to — WHEN I GROW UP I WANT TO BE BIG AND STRONG LIKE MY SON!

Now imagine God the Father looking with delight at His Son and at the Church which was born of His Seed — and picture Him saying — LET ALL MY CHILDREN GROW UP BIG AND STRONG LIKE MY SON!



LET'S BUILD UP THESE TEMPLES SO GOD CAN USE US FOR A LONG TIME !!!

My Dear Friend & Faithful Soul Winning Partner,

This year — 2026 — let us determine to build together — strengthening our SPIRITS — our BODIES — our FAITH — and the ANOINTING of God in our lives — for the Father wants you to be here A LONG TIME YET — and so do I — as there is still a mighty work for God to be done — and YOU ARE OF VITAL IMPORTANCE — to the Kingdom of God — and to this ministry!

SO PLEASE PARTNER WITH US ...

- 1) Write a CHECK and send it to the ministry address below — or
- 2) E-TRANSFER and send a text to 1-250-300-8082 — or email funds to: LenLindstromGlobal.com for direct deposit to the ministry acct — or
- 3) Use CREDIT CARD by simply clicking this secure link: www.lenlindstromglobal.com/give
- 4) And please go to www.lenlindstromglobal.com/pep to sign up as a Monthly Partner.

Thank You — Now Be Blessed & KNOW YOU ARE GREATLY LOVED !!!

Len Lindstrom

**LET'S BUILD
GOD'S TEMPLE IN
ALL THE EARTH**

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