

Contentment in Christ

The Legacy will Build: Blessings of Rotting-Part II

Heavenly Father,

Thank you for what you gave me and this flock today.

Guide us and improve our finances to stay out of debt

Guide us from temptation and idolatry

Heal me and this flock

I want to apologize for my sins and all our sins by shielding us from Satan and prevent us from becoming Lucifer

Guide us through your grace

Thank you for your blessings, love and grace

Thank you for guarding our hearts from Satan

In Jesus name, Amen

I want to preach and talk more about mental health and wicked people in this country. I want to talk more about Proverbs 10:7. The reason why people have and suffer mental health is because they let this smoking of marijuana fry and mess up their brain cells by smoking and doing drugs. That's why clients at BRC in the New York City area located at 131 W 25th St are the way they are because they disobey rules and not all about law and order. I support Donald Trump law and order policy. I am extremely happy that I let New York state and back in Michigan because mental health is at an all time high there. NYPD officers told me that mental health got worse in the New York City area since last year. I encourage the congregation while I preach these sermons in the pulpit because you do not need to be fed into this sin and temptation in the world with all this wickedness.

It explains why clients at the facility located at 131 W 25th St do not care if clients obey the rules and their no smoking policy. Turn to the person next to you and say do not be like Lucifer. Turn to the person on other side of you and say do not fall into Satan trap to represent hell. I want you to take notes on this on how we can avoid wickedness, anger and mental health:

1. Build strong social connections. It means we need to be around positive people. It is better and safer to make friends with people that are active church goers and humble to God. I will say again that we need to do what Christ Jesus did and recruit his twelve disciples that are loyal and humble to his kingdom. You will build strong connections at church fellowship gatherings and spiritual people that volunteer at homeless shelters and help the homeless. Do not consider being friends that rather love the world more than God and his kingdom. We need to pray and let the wicked follow their own path in their life.
2. Engage in physical activity: it means exercise to eliminate stress. I do not mean to be all about abomination from God to become LGBTQ and be part of the LGBTQ community that is a basket of deplorables.
3. Eat healthy: we need to eat healthy and start fasting more because this meat, sugars and fats are not good for our body. That is why I have had a pre-existing condition of autoimmune pancreatitis since August 2014.

4. Prioritize sleeping: people are dealing with mental health and anger issues with wickedness because you have people that do not sleep including young people today. You have young people that rather stay up all night and hang out all night. The procedures below the Bible belt that starts at Delaware need to happen all across this country and places need to close early including business, bars and clubs. It was at times that I was in and out of homelessness while I was doing a lot of moving around since 2015 that homeless men at shelters do not sleep either. It is shelters that do not do mandatory quiet times like homeless shelters across the south. That is why you see and hear mental health problems at homeless shelters. That is 100% fact. We are supposed to get at least 8 hours of sleep each night.
5. Set realistic goals: children need to start to set goals for themselves at a young age because they want to avoid mental health and anger problems by stop acting like they are grown. Parents need to start taking control and stop being afraid to discipline their children like how generations like myself were raised. You want to avoid incarceration, homeless shelters and shared room housing situations. Children needs to pay more attention to their academics to get their grades and scores up in reading and math by reading at home during their free times and find educational things to do at home by giving video games and hip-hop/rap music a break.
6. Practice gratitude: more children and youth need to be more cheerful givers like I am starting to give back to help the poor. More people in the world need to stop being takers. People need to stop being tax collectors and being all about mammon.