

PAUL G. DENEUI



Heart
Fit:
spirit,
soul,
and
body

HEART FIT:

SPIRIT, SOUL, AND BODY

Paul G. DeNeui

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ISBN: 13-9781672815048

What's this book all about anyway? How can it help me? Have you ever asked, "Who am I or why am I here?" What does God want from me anyway?

This book answers those questions and will give you insights to be the best "YOU" you can be!

HOW THIS BOOK WAS BORN

Back in October of 2016 I had said, "I want to be in the best shape of my life the year I turn 65." I was turning 65 in the following year (2017).



After having ministered for the Lord since 1974 and full time in nursing homes for the past 6 years I said to the Lord, "Lord I'll go wherever you want me to go and I'll do whatever you want me to do." I meant it more than ever before. He simply responded to my statement with a question, "Can You?" I knew He was being kind. There were some issues I needed to address.

(I was overweight and had not exercised regularly for years. I thought, “How can I run my race for the Lord effectively without taking care of my body?” I was inspired by my mother who was then approaching 100 and very healthy.)

Back in the 70s and 80s I had been a part of the Des Moines bike club in Des Moines, Iowa. I had ridden in RAGBRAI, (a bike ride across Iowa that takes a week to accomplish). I loved it! So I thought biking might be the thing to do for exercise. On a Saturday in October of 2016, I rode with a friend of mine - Sam. (We are pictured together on the back cover of this book.) We were both about the same age, but he had already ridden several years prior to this. After 3 miles of riding with Sam, I was so exhausted all I could do was turn around and go back to my car. I decided I was going to lose weight first and not exercise. Doing both at the same time would be too much. I would quit. I found an app for my phone that counted calories. I decided to not deprive myself of any foods that I liked. I would just watch my calories. From February 2017 to June 2017 I lost approximately 30 lbs. That was exciting. In August I got back on my bike and started riding again, this time by myself. In a few months I was riding in the 30 to 40 mile range. I wanted to be cardiovascular fit more than muscular, and had been studying on the different ways to do that. I found a way to train my heart and cardio system with a heart monitor. Then I felt like I was really on track. Toward

the end of 2017 I rode 65 miles in the year I was 65. In August of 2018 I rode my first century ride (100 miles) since I had started riding again. I am currently riding between 100 to 130 miles per week.

I had sensed, for the last several months, (the end of 2018) the Lord wanting me to be more intentional with my faith on the bike. To use the phrase **“Heart Fit”** in a way that would lead people to the Lord. To take the same mandate of **“Strengthening The Saved & Saving The Lost”** on the road and include it on the trail. (This would include those on the trail and the homeless.) I was to establish the ministry of **“HEART FIT: SPIRIT, SOUL, AND BODY”**. (This was the very thing the Lord had referred to when He answered my prayer by saying, “Can you?”)

Through time I realized that just as you can become heart fit in your body, you can become heart fit in your spirit, soul, and body; with the intended purpose of running your race for God.

It is now Dec. of 2019 and I am writing this book.

THANK YOU

I want to give a big thank you to all of my partners - **Life Senders** - who have been so faithful to support this ministry. What I am doing, we are doing together.

I also want to give a special thanks to Sam Graves. He is my Bulldog friend. Sam would not give up on me when I wanted to give up on myself. More than once I said, "Sam, I'm going to sell my bike." He continued to say "No, don't do it!"

- There would be no **HEART FIT: SPIRIT, SOUL, AND BODY.**
- There would be no ministry to the homeless.
- And I know I would not be in the best shape of my life.

Thank You, Sam!

This book is dedicated to my mother

DORIS (LINDBERG) DENEVI



Of all of the people I have known in my life, Mom understood and utilized **HEART FIT: SPIRIT, SOUL, AND BODY** more than anyone.

Her life was dedicated to sharing the love of God to everyone she met. She knew what it meant to be "In Christ". She was Heart Fit in spirit.

She also dedicated herself to be in the Word daily. Renewing her mind to the Word of God was of prime importance. I remember many times people asking her to do frivolous things throughout the day. Her response would usually be, "I'm busy". She loved people but she was dedicated to reading the Word and renewing her mind to the Word of God. She was Heart Fit in soul.

Ever since I was a little boy I remember how important exercise and keeping herself in good physical shape was to her. Even at the age of 102 she was talking about exercise so she could get around and do the things that were important to her. She was Heart Fit in body.

While in the process of writing this book, Mom went home to be with the Lord. She ran her race well. "Thank you Mom for giving me the foundation of the WORD. See you soon."

HEART FIT:

SPIRIT, SOUL, AND BODY

1 Thessalonians 5:23, “And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”

We are a spirit. We live in a body. And we possess a soul; our mind, our will, and our emotions.

Heb 12:1-2 “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, 2 Looking unto Jesus the author and finisher of our faith;” KJV

- This book looks at our 3-part being – spirit, soul, and body.
- It explains the concept of “Zone Training” for each part.

The Goal:
Run your race and
be the best “YOU” you can be.

ZONE TRAINING FOR THE SPIRIT

EFFORT

EFFECT

**MINISTRY
GIFTS**



Benefits:
Discover how to run your race

**IN
HIM**



Benefits:
Discover who you are in Christ

**NEW
COVENANT**



Benefits:
Better covenant with better promises

**SPIRIT
FILLED**



Benefits:
Receive His abilities and power

**BORN
AGAIN**



Benefits:
Come into the family of God

Jesus said in John 10:10, “I am come that you might have life.” He also said in John 3:5, “Ye must be born again.” Doing this verse, “ye must be born again”, brings you into a living relationship with God through Jesus. You are no longer spiritually dead but spiritually alive.

When we are born again (John 3:7) we are recreated into a new spiritual being. We become spiritually alive. Me (the real me - my spirit being) is alive to God. This is the great exchange. I give Him me. Then He makes available everything He is and everything He has. I must learn to receive what He has given by faith.

ZONE TRAINING FOR THE SOUL

EFFORT

EFFECT

**RED
ZONE**



OUT OF CONTROL, FRANTIC, TOTAL PANIC, DISCONNECTED, EMERGENCY
TOXIC, HARMS THE HEALTH AND SAFETY OF SELF AND OTHERS,
BODY BECOMES "MALADAPTED" TO THE STRESS RESPONSE,
UNHEALTHY WEIGHT GAIN OR WEIGHT LOSS,
SUSCEPTIBILITY TO MENTAL DISORDERS AND ADDICTIONS.

**DISTRESS
ZONE**



WORRIED, ANXIOUS, ANGRY, SCATTERED, FEARFUL, REACTIVE
ELEVATED BLOOD PRESSURE, HIGH CHOLESTEROL AND INCREASED RISK
OF HEART DISEASE, INCREASED RISK OF INFECTIONS, CERTAIN CANCERS,
ALLERGIES AND AUTOIMMUNE DISEASES, POOR CONCENTRATION,
INCREASED MUSCULAR STRESS, HORMONAL CHANGES THAT RESULT IN
WEIGHT GAIN, INCREASED RISK OF DEGENERATIVE DISEASE, PREMATURE AGING.

**PERFORMANCE
ZONE**



FOCUSED, IN THE FLOW, "IN MY ELEMENT", POSITIVE STRESS
HEIGHTENED AWARENESS AND CREATIVITY, HEIGHTENED PHYSICAL ENDURANCE
AND PERFORMANCE, IMPROVED MENTAL PERFORMANCE, FASTER REACTION TIME,
LESS POTENTIAL FOR ACCIDENTS, INSPIRE AND ENERGIZE THOSE AROUND YOU.

**INDUSTRIOUS
ZONE**



HIGH CONCENTRATION, EFFECTIVE, PROLIFIC
IMPROVED CAPACITY FOR UNDERTAKING TASKS INVOLVING MENTAL
OR PHYSICAL DEXTERITY, IMPROVED LEARNING ABILITY, BEHAVIOR
HAS POSITIVE EFFECTS ON THOSE AROUND YOU.

**SAFE
ZONE**



PRAYER AND MEDITATION, RELAXED, AFFIRMING, REGENERATIVE,
COMFORTABLE, COMPASSIONATE, PEACEFUL
INCREASED PATIENCE, CARING, COMPASSION, CAPACITY FOR LOVE,
LOWERED RISK OF: HYPERTENSION, TYPE 2 DIABETES, IMMUNE DISORDERS,
AND MENTAL DISORDERS. INCREASED CAPACITY FOR DEALING WITH PAIN,
DECREASE IN OCCURRENCE OF STRESS-RELATED DISORDERS, REDUCED DEPENDENCE
ON PRESCRIBED MEDICINE

The Bible says in James 1:22, "But be ye doers of the word, and not hearers only, deceiving your own selves."

We are to use our minds, our wills, and our emotions to learn, study, and be doers of the Word. When we do, we will be healthy in our souls. We are to make decisions based on the Word of God.

Romans 12:2 "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Our soul is made up of our mind, our will, and our emotions.

ZONE TRAINING FOR THE BODY

EFFORT

EFFECT

MAXIMUM
90-100%



Benefits:
Helps fit athletes develop speed

HARD
80-90%



Benefits:
Increases maximum performance capacity

MODERATE
70-80%



Benefits:
Improves aerobic fitness

LIGHT
60-70%



Benefits:
Improves basic endurance and fat burning

VERY LIGHT
50-60%



Benefits:
Warm up and recovery

1 Timothy 4:8 says, "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." NLT

In other words physical training is good for this life, but not the next. It is this life where we need healthy bodies in order to effectively run our race for the Lord; to complete the task God has for each and every one of us.

Physical training should be built around you and your abilities, interests, and personality. It should be fun. We cannot run our race and we cannot stay on this earth without our bodies.

This training of the soul and body is the responsibility of your spirit man.

This book is a tool to help you focus on God's will for you; a handbook to run your race and hear these words, Matt 5:21, "Well done thou good and faithful servant."

In James 1:22 it says, "Remember, it is a message to obey, not just to listen to. If you don't obey, you are only fooling yourself." NLT

Then it goes on to say we are to look at ourselves, decide what needs to change, what needs to be fixed. And do something about it. God has given us that responsibility and the tools to get it done.

Let's start with being Fit in our Spirit and Soul

ZONE TRAINING FOR THE SPIRIT

EFFORT

EFFECT

**MINISTRY
GIFTS**



Benefits:
Discover how to run your race

**IN
HIM**



Benefits:
Discover who you are in Christ

**NEW
COVENANT**



Benefits:
Better covenant with better promises

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FILLED**



Benefits:
Receive His abilities and power

**BORN
AGAIN**



Benefits:
Come into the family of God

ZONE TRAINING FOR THE SOUL

EFFORT

EFFECT

**RED
ZONE**



OUT OF CONTROL, FRANTIC, TOTAL PANIC, DISCONNECTED, EMERGENCY

TOXIC, HARMS THE HEALTH AND SAFETY OF SELF AND OTHERS, BODY BECOMES "MALADAPTED" TO THE STRESS RESPONSE, UNHEALTHY WEIGHT GAIN OR WEIGHT LOSS, SUSCEPTIBILITY TO MENTAL DISORDERS AND ADDICTIONS.

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ZONE**



FOCUSED, IN THE FLOW, "IN MY ELEMENT", POSITIVE STRESS

HEIGHTENED AWARENESS AND CREATIVITY, HEIGHTENED PHYSICAL ENDURANCE AND PERFORMANCE, IMPROVED MENTAL PERFORMANCE, FASTER REACTION TIME, LESS POTENTIAL FOR ACCIDENTS, INSPIRE AND ENERGIZE THOSE AROUND YOU.

**INDUSTRIOUS
ZONE**



HIGH CONCENTRATION, EFFECTIVE, PROLIFIC

IMPROVED CAPACITY FOR UNDERTAKING TASKS INVOLVING MENTAL OR PHYSICAL DEXTERITY, IMPROVED LEARNING ABILITY, BEHAVIOR HAS POSITIVE EFFECTS ON THOSE AROUND YOU.

**SAFE
ZONE**



PRAYER AND MEDITATION, RELAXED, AFFIRMING, REGENERATIVE, COMFORTABLE, COMPASSIONATE, PEACEFUL, INCREASED PATIENCE, CARING, COMPASSION, CAPACITY FOR LOVE, LOWERED RISK OF: HYPERTENSION, TYPE 2 DIABETES, IMMUNE DISORDERS, AND MENTAL DISORDERS. INCREASED CAPACITY FOR DEALING WITH PAIN, DECREASE IN OCCURRENCE OF STRESS-RELATED DISORDERS, REDUCED DEPENDENCE ON PRESCRIBED MEDICINE

You will see zone training charts throughout this book. The concept of these charts came from my training with my heart monitor and cardiovascular training. My physical heart training has 5 zones which are explained in the chapter dealing with the body. I developed 5 zones for training the spirit and the soul also. Let's look at the zones for the spirit.

Zone 1: You must be born again.
(Come into the family of God.)

Zone 2: You must be filled with the Spirit.
(Receive His abilities and power.)

Zone 3: You must have a good understanding of the New Covenant.
(It is a better covenant with better promises.)

Zone 4: You must understand: in Him, In Whom, and In Christ scriptures.
(Discover who you are In Christ.)

Zone 5: You must understand the ministry gifts.
(Discover who you are and how to run your race effectively.)

Note: I say "must" because if you are to run your race effectively, these zones are musts.

Look for these 5 zones within the next 12 chapters.

CHAPTER 1

The Truth Is:

God Really Is Love And He Really Loves Me

Until I realized that God is love, I had a hard time believing that He always had my best interests in mind. He may not always like what I do or the decisions I make, but He always loves me.

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

1 John 4:16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

On the practical side, at times I found it hard to pray or ask Him for help. There were times I thought He didn't like me because of something I may have done or didn't do. When I finally realized He loves me no matter what, I knew I had someone I could trust. He will not overlook my faults, but He will love me and see me through every single one. So if you find yourself in need, run to God not from God.

I grew up in the church. I'm told that I was born one week, and the next week I was in church. My dad was a pastor, and that's just what we did. I remember going to church every time the doors were open. It was never a question. We never even asked, "Do I have to go to church?" We just went. I remember as a kid, other people would come and go. They seemed like regular church folks and then suddenly they were gone. Sometimes they'd come back, sometimes they wouldn't. If they did come back, everybody would get excited, and rightfully so. I got excited myself. Then over the years, I would continue to see that happen, people would come, then maybe they'd be gone for a while, then come back, rededicate their lives, and everybody would be excited . . . it was party time. You know, it would just encourage you and lift you up that these people had come back to church.

Later on in years I started thinking, *What about me? I've never left! I've been faithful! I've gone to church every time the doors were open! I've not done anything really bad. Man, I wish somebody would just pay a little attention to me.* But it seemed

like it was always the ones who left and then came back that everybody got all excited about. I knew it wasn't right thinking. And I knew we wanted people to come back to God and to the church.

Now, let's move ahead a few years, I married Ann and we became a family of six. Two boys, two girls, Ann and myself. We started attending a little Baptist church in Des Moines, Iowa, where "Pastor John" was our pastor. One Sunday morning, Pastor John was ministering on the story of The Prodigal Son found in Luke Chapter 15. He talked about how the prodigal son wanted to leave home. He asked his father for his portion of the inheritance. There were two sons so, the father divided up what belonged to the boys. Then Pastor John explained how the son who left got into sin, wasted all his money, and ended up eating with the pigs just to survive. He finally came to his senses and realized that he would be much better off back home with his father. Even knowing he made a bad choice, he decided that if he went home and worked for his father as a slave or a farm hand he would be better off. He made up his mind and headed toward home. The Bible says, "as he was afar off" his father saw him coming, and realized that it was his lost son. He went running toward him, gave him a big hug, and forgave him for everything he had done. His father gave him a gold ring, gave him some new clothes, and told his servants to go kill a calf. They were going to have a big party, because the lost son had come home. Pastor John continued with the part of the story where the older son, who was out in the fields, heard the sounds of the party preparations going on back at the

house. This upset him because his father had never given him a party even though he had been the faithful son, always helped his father with the farm, and always did what his father wanted. All of the attention was given to the boy who left home and then came back. He's getting the party.

Suddenly, I saw myself as the son who never left, the son who stayed home. I thought to myself, *I bet I feel the same way he did. Another party for somebody else.* The next words from the father really hit home. He said to the son who had stayed home, "Son, all that I have is yours." ALL THAT I HAVE IS YOURS! The father loved both sons. He loved both sons the same! When I saw that, I realized I can rejoice with those who come back, and at the same time rejoice that God loves me.

After several years of full-time nursing home ministry, I've met people who are really not sure God loves them. They may feel condemned because of their past.

John 3:16 tells us, "For God so loved the world that He gave His only begotten Son that whosoever" (aren't you thankful that you are a whosoever?) "that whosoever believeth in Him should not perish, but have everlasting life." Then verse 17 says, "For God sent not His Son into the world to condemn the world, but that the world through Him might be saved." He didn't come to condemn us. He came to save us. He came because He loves every one of us. He will always love us!

CHAPTER 2

The Truth Is:

Jesus Is The Way, The Truth, And The Life

Jesus is the way to salvation and eternal life. But until I realized that He is the way to everything good, He is the source of all Truth, and He is the provider of Life, I did not realize I MUST go to Him for EVERYTHING.

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Salvation is a gift that is made available to those who repent, believe, and confess that Jesus is Lord and that He died and rose from the dead to save mankind.

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Acts 16:31 And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.

Rom 10:9-10 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

This gift cannot be earned through good deeds or by simply being “good.”

Eph 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

It is a matter of faith (acting on what you believe according to God's Word concerning salvation).

I remember, vividly, accepting Jesus as Lord and Savior. My mom tells me that I was four or five years old when I got saved. I remember where I was and I remember how it happened. We were going to Vacation Bible School that summer and we were learning about Jesus. We were studying the verse John 3:16. We were also hearing about John 14:6 where the Bible says, “Jesus is the way, the truth and the life. No man comes to the Father except by, or

through, Him.” And I know growing up in a pastor’s home, we were just always at church. When I was little we lived in Albert Lea, Minnesota. Our house was a two-story house: living room, dining room, kitchen, and den downstairs. We had three bedrooms and a bathroom upstairs. I shared a bedroom with my older brother. At night, when it was time for me to go to bed – let me say this, I always went to bed earlier than my brother, since we’re ten years apart – Mom would come up, and we would kneel by the side of the bed (we had bunk beds and I was on the bottom). Mom would pray with me before I got into bed. On that particular evening, Mom mentioned that we had been going to Vacation Bible School. She said that she knew I was learning about Jesus. She asked me a question, “Paul, I think you probably know enough to be able to answer this question. Would you accept Jesus as your Lord and Savior?” I remember saying, “Yes.” I remember praying with my mom to accept Jesus as my Lord and Savior. Now, I didn’t understand “Lord”, as I look back on it now, I understood that Jesus was my Savior and that if I accepted Him, I would go to heaven, I would be in the family of God. I’m not sure I really understood “Lord.” It’s a growing experience to understand Him as your Lord. Back then, I really understood I was in the family of God. I knew I was going to heaven. I remember getting done praying and climbing into bed - Mom tucking me in. I’m telling you, that bed never felt so good. Just never felt so good. Seemed like the sheets were softer, even at that age, people can know that Jesus is the way, the truth, and the life.

In the nursing homes, some of the residents are younger than me, and some of them are older than me. I can see on their faces that they experience or sense the same thing I did. I have seen people accept Jesus as their Lord and Savior, and oh, the smiles and excitement on their faces. We've had people accept Jesus as old as 98. I remember praying with a man, and the next time I went back to see him he had gone home to be with the Lord. I can remember another time, there was a man new to one of the facilities, and everybody was helping him into the service that day. They wanted to make sure that he came to church. Both residents and staff were helping. At the close of the service I gave an altar call. He began to cry, but didn't raise his hand. I closed the service in prayer and went over to him. I asked him if there was anything that I could pray with him about. I said, "Sir, are you a Christian? Have you accepted Jesus as your Lord and Savior?" He said, "No." He said that he had been very rebellious as a boy. Both of his parents were Christians, and he just wasn't going to do the same thing they did. I was told that he came into the nursing home with nothing. He hardly had any clothes. He didn't have much furniture to put in his room. And so, he was at the end of his life, and you might say, at the end of his rope. I asked him, "Sir, would you accept Jesus as your Lord and Savior?" He began to cry again, and said, "Yes, yes." So we prayed together. I remember when we finished praying, he was still crying. He looked at me, and he said, "Will I be able to see my mommy and daddy again? Will I see them in heaven?" I choked up, I wasn't able to answer right away. I could see how serious this moment was. I began to cry,

and I said, “Yes sir, yes. I can tell you right now, that according to Hebrews chapter 12 and verse number 1, your parents right now – your mommy and daddy – are a part of that great cloud of witnesses and they’re cheering you on to finish your race. They know what you just did, and they are so excited. They’re so very proud of you right now. Yes, you will see them again.” Since that experience, he has gone home to be with the Lord.

Salvation – it’s a big, big deal. Being born again – Jesus said in the book of John, you must be born again.

John 3:7 Marvel not that I said unto thee, Ye must be born again.

If you are looking for a change in your life, if you are seeking a peace that is found only through a personal relationship with a loving God, then you are at the right place. God is ready and willing to help you – right here, and right now.

Pray this prayer:

Heavenly Father, I come to You in the Name of Jesus. Your Word says, “Whosoever shall call on the name of the Lord shall be saved.” (Acts 2:21) I am calling on You. I repent of my sins. Jesus, come into my heart and be Lord and Savior of my life. Thank you that you took my sins to the cross for me. Romans 10:9-10 says, “If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.” I do that now. I confess that Jesus is my Savior and my Lord. I believe in my heart that

God raised Jesus from the dead. Thank you Lord, I Am Saved!

All through the book of Acts, when people accepted Jesus as Lord and Savior, the disciples made sure they knew about the Holy Spirit and were filled with the Holy Spirit.

Acts 1:4,8 And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith he, ye have heard of me. But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Acts 8:14-17 Now when the apostles which were at Jerusalem heard that Samaria had received the word of God, they sent unto them Peter and John: Who, when they were come down, prayed for them, that they might receive the Holy Ghost: (For as yet he was fallen upon none of them: only they were baptized in the name of the Lord Jesus.) Then laid they their hands on them, and they received the Holy Ghost.

Acts 9:17 And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost.

Acts 10:44-46 While Peter yet spake these words, the Holy Ghost fell on all them which heard the word. And they of the circumcision which believed were astonished, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Ghost. For they heard them speak with tongues, and magnify God. . .

Acts 19:2-6 He said unto them, Have ye received the Holy Ghost since ye believed? And they said unto him, We have not so much as heard whether there be any Holy Ghost. And he said unto them, Unto what then were ye baptized? And they said, Unto John's baptism. Then said Paul, John verily baptized with the baptism of repentance, saying unto the people, that they should believe on him which should come after him, that is, on Christ Jesus. When they heard this, they were baptized in the name of the Lord Jesus. And when Paul had laid his hands upon them, the Holy Ghost came on them; and they spake with tongues, and prophesied.

Jesus said, “The Holy Spirit would be our comfort and our guide.” In Mark 16:17 Jesus said, “And these signs shall follow them that believe. . . they shall speak with new tongues.”

I'd like to share with you how I was filled with the Holy Ghost with the evidence of speaking with other tongues. My experience was a little different but I think it will be helpful. If you truly have a heart for God, and you believe

that God is a good God, that He's not going to give you anything bad or evil, you can easily receive. You see, if you believe that God might give you something bad to teach you something, well, we don't want bad things so we may not open ourselves to everything that God's got. If you truly believe, according to the Word of God, that God is a good God, that His desire for you is to have good things, that He'll not withhold anything from you, that the only thing that He has to give you is good, I believe that you will receive.

This story goes back to the early 70's. I was living in Des Moines, Iowa, going to my dad's church, Calvary Baptist Church. I had a really close friend in that church, Larry. Larry and I were looking forward to going to a men's retreat. It was our yearly men's retreat sponsored by our church denomination. It must have been in the fall, because as I recall the evenings were cool. There were several men from our church who were going. I remember it was at Dayton Oaks Camp, north of Des Moines. I have a lot of good memories of Dayton Oaks.

We had finished our first evening session at the camp, so Larry and I went back to our cabin. There were several men staying in our cabin. We weren't tired at all. We had a real heart for God and wanted all that God had for us. We knew that God was a good God and that He had more for us, we just didn't know what it was. It was a cool night as we walked back to our cabin. We didn't go back to our cabin to go to bed. Like I said, we were not tired. We went back to pick up some blankets and

flashlights. We were heading out to a vesper point or to find some place in the woods where we could just press into God. We wanted all God had for us. And so, we walked down a trail using our flashlights. It was totally dark. We found a vesper point. This place had benches that had been made out of logs. It had an old cross, made out of two large branches, that was suspended between two trees by a cable. It had a fire pit. We could see all this with our flashlights. We decided to lay down on the ground, cover ourselves with our blankets, get our Bibles out, use our flashlights, and just press into God. We started reading. Larry and I took turns reading back and forth. After we had read for a while, I remember Larry saying, "Paul, are you tired? You're just not making any sense. I can't understand what you're saying." I said, "I'm fine, I'm just reading." Then I would start over. I'd read for a little while and then Larry would say it again, "Paul, are you okay? Maybe you're just getting too tired. Maybe we ought to go back to the cabin. You're just talking gibberish." I said, "No, I don't feel tired. I'm just fine. Let's keep reading." And so, the third time the same thing happened. Larry said, "Are you okay? You're just not making any sense." Well, by that time, we were into the second chapter of the book of Acts. We hadn't planned that. We just opened the Bible to the New Testament and started reading. Here we were, of all places, the book of Acts. It was talking about the 120 in the upper room. They were all together because Jesus wanted them to be filled with the power of God. It said, "The Spirit of God came upon them, and they were all filled with the Holy Ghost and began to speak with other

tongues.” We looked at those scriptures and then we looked at each other, and wondered, *Is it possible that that’s what’s happening to us? Could we be experiencing the same thing as in the book of Acts?* Yes, we were. That night Larry and I were filled with the Holy Ghost. We stayed there for a long time, basking in the Glory of God. We continued to speak that way and pray that way, and the more we pressed in, the more it bubbled up on the inside of us. Oh, what a night it was! So, that’s how we were filled with the Holy Ghost. I’m telling this story because I truly believe that if you have a heart for God, if you want all God’s got for you, you can receive this easily, too. Being filled with the Spirit of God, with the evidence of speaking in other tongues, is something that God wants you to have. This is an experience for all believers.

I’m telling you, if that had not happened, there are many things that I’m doing today that I wouldn’t be doing. There are places that I’ve gone, there are things I’ve experienced, and there are healings I’ve seen, people who have received from the power of God, who would not have received. So, that night was just an amazing night! We stayed there, right there, for quite some time. We just prayed in the Spirit.

We were filled with the Holy Ghost and began praying in other tongues – not because we had crossed all our “t’s” and dotted all our “i’s”, but because we were hungry. If you’re hungry, you can receive just as easily.

Pray this prayer:

Heavenly Father, I am a believer. I am Your child and You are my Father. Jesus is my Lord. I believe with all my heart that Your Word is true. Your Word says if I will ask, I will receive the Holy Spirit. So, in the Name of Jesus Christ, my Lord, I am asking You to fill me to overflowing with Your precious Holy Spirit. Jesus, baptize me in the Holy Spirit. I believe that I now receive and I thank You for it. I believe the Holy Spirit is within me and, by faith, I accept it. Now, Holy Spirit, rise up within me as I praise God. I fully expect to speak with other tongues, as You give me the utterance. Begin giving sound to the expressions in your heart. Speak and hear the Holy Spirit speaking through you.

Rejoice! You've just been baptized in the Holy Spirit!
You've been endued with power. Hallelujah!

CHAPTER 3

The Truth Is:

The Word of God (The Bible) Really Is God Speaking To Me

Until I realized that the Bible was actually a collection of letters from the mouth of God to me, I did not spend as much time in the Word as I should have.

2 Peter 1:20-21 Knowing this first, that no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost.

2 Timothy 3:16 “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:”

John 6:63 It is the spirit that quickeneth; the flesh profiteth nothing; the words that I speak unto you, they are spirit, and they are life.

His Word is His will for my life. I have made it a point to read the Bible on a regular basis because I cannot know what God has for me unless I do. I primarily focus my attention on:

- The New Testament
- Who I am in Christ
- The promises of God
- What I call the big three - Faith, Hope, and Love.

Make it a habit to get into the Word every day. The Word of God has been my “Stepping Stones” throughout my life.

Jesus stood up in the temple, and opened up the Bible, the Old Testament scrolls. He began to read, “The Spirit of the Lord is upon me to preach the Good News to the poor.” He continued reading out of the book of Isaiah, but He knew that He was reading about Himself. He was sharing what He was about to do on the earth. In other words, He saw Himself in the Word of God. The Word of God was directly speaking to Him, telling Him who He was, and what His calling was here on the earth. Well, I believe that the Word of God can do the same thing for you and for me.

Back in the 70's, I was working for John Deere, living up in Des Moines, Iowa. I had taken a couple of vacation days, just to go fishing. There's a lake north of Des Moines, Saylorville Lake, a good fishing lake and I like to fish. I don't fish very often, but I do like to fish. I was up there by myself, had my fishing gear, had my line out in the water, ready to catch some fish. It was very quiet during the week, not a lot of people around. I was enjoying being there. Many times just going to the lake, where it's quiet, is what I enjoy, really whether I catch fish or not. I had been sitting there for a while, no nibbles, no fish strikes of any kind. All of a sudden, I began to think about a ministry that was in Des Moines. I had heard about it, but had never been there. It just seemed like I was supposed to go to that ministry. Well, I thought, *I took the day off to go fishing, I want to fish. I don't want to go.* And so, I put it off, pushed it off, brushed it off, and continued to fish. It wasn't but, I don't know, 15 - 20 minutes later and that thought came up again, *Go.* Well, I didn't really want to, and so, I continued to brushed it off and just kept on fishing. Another 15 - 20 minutes later, that thought came up again, *Go.* I didn't want to, but I began to think, *God, is that you? If that's you, I'll go. I really don't want to. You know, I took the day off to go fishing.* I tried just setting it aside again, not doing anything about it, and it came up again. And so, reluctantly, I said, "Okay God. I'm not catching anything here, so I guess I'll go." I packed up all my stuff and got in the car. I thought to myself, *It's going to be a little bit of a drive going across town. I hope it's not just the pizza from the night before.* This ministry was fairly close to a university in town, so there was a lot

of traffic and it would take a while to get there. As I was driving along the way, I'm asking the Lord, "Now when I get there, what am I supposed to do?" I never got an answer. I'm driving and driving, and again I said, "Lord, do you really want me to go to this ministry?" It seemed like I should. The closer I got, the more I'm asking, "What do I do when I get there? What's the reason for going to this ministry?" No answer, I continued to drive. I got to the ministry, pulled up alongside the curb, parked the car, and just sat there. I didn't know what to do. I said, "Lord, I'm here, but I don't know what to do." I just sat there. I said, "Lord, if I go in and they ask me, How can we help you?, I won't know what to say. So, I'm just going to sit here." (I didn't want to go in anyway.)

Finally, even though I didn't know what to say, it seemed like I needed to go in. I said, "Lord, if somebody asks me, 'What do you want?' I'm not going to have any idea what to say." No response, I got out of the car and went inside anyway.

The ministry was in an older two-story house that had been renovated, and turned into an office-type building. When you first walked in there was a living room with a fireplace. They had turned this area into a lobby where there were some chairs, couches, and a coffee table with magazines on it. I thought, well, I can just sit down, grab one of these magazines, and pretend like I know what I'm doing. Maybe nobody will ask me anything, at least until I know why I'm here.

I sat down, grabbed a magazine, and began to read. In the back of my mind I'm thinking, *This isn't a good idea, I don't know why I'm here, and if I'm supposed to be here, God, you would certainly tell me why.* I sat there, knowing nothing! There were people milling around, looked like people who worked there, part of the ministry. People were walking by me and not saying anything. So, I really wondered, *should just get up and leave,* but it seemed like I needed to stay. Well now, pretty soon a man came up to me and said, "Sir, have you been helped?" I said, "No." He said, "Well, what can I help you with?" I had no idea what to say. I didn't know why I was there. So, I thought to myself, *I guess I'll just tell him how I got here.* I shared with him how I had gone fishing at Saylorville Lake. And then, after a while, it seemed like I should come here. I don't know why. I kept putting it behind me, and it just kept coming up. So finally, I came. I really don't know why I'm here. He said, "Would you mind coming upstairs? We have some prayer rooms up there. Why don't we gather some people together, and let's just spend some time in prayer." I thought, *That's a good idea,* and told him, "That would be fine."

We went upstairs and in just a very short time we had a prayer group. They put a chair in the middle of the room and asked me to sit down. They all formed a circle around me. You know, back in the 70's, it was a time of spiritual renewal, charismatic renewal, there were a lot of prayer groups, and people getting in circles, and laying hands on people, and praying together. So, that's what we were doing. We began to pray. They began to pray in

English, and then prayed in other tongues. I began to pray in English, and then I started to pray in other tongues.

After I had prayed for a while, I heard this down on the inside, *“Follow me and I will make you fishers of men.”* I started to laugh. It struck me funny, I realized that I had just been fishing, and I wasn’t catching anything, and now, down on the inside I heard, *“Follow me and I’ll make you fishers of men.”* I thought of that story where Jesus wanted to use Peter’s boat to preach. When Jesus finished preaching, He asked Peter if he would launch out for a catch. Jesus evidently wanted to bless him for the use of his boat. He got an overflowing catch of fish. It seemed to me, God was doing just the opposite with me. I was out at the lake, catching nothing and He wanted me to go to this ministry so that He could tell me, “I want to make you a fisher of men.” I was chuckling about that, and apparently when I began to chuckle, the others, who were praying, wondered what was going on. What would I be laughing about during prayer? I opened my eyes and I could see the questioning looks on their faces. I apologized, and said, “I’m sorry for laughing. But, I just found it rather humorous, rather funny, that down on the inside, I heard these words, “Follow me, and I will make you fishers of men.” I said, “I believe that God is calling me to preach.” Everyone in the room was thrilled I had received my answer.

After I thought about that incident, I realized it wasn’t necessary that I go to that ministry to get my answer, but

it was necessary to go to be obedient to God. Just to do what God said to do. It wasn't easy to drive to that ministry without knowing why. Sometimes it may not be easy to do what God tells you to do. It's a matter of obedience. And so, there I was, back in the 70's hearing, *"Follow me, and I will make you fishers of men."* Later on, I discovered that verse in Matthew 4:19.

Now, jump several years ahead to the late 90's. We started a ministry called Jubilee Life Ministries, and I heard these words, *"Preach the acceptable year of the Lord."* That is found in Luke 4:19. Then, a few years after that I heard, *"And my God shall supply all of your needs according to His riches in glory by Christ Jesus."* That is found in Philippians 4:19. When I finally put those verses together, they read like this.

Follow me, and I will make you fishers of men, to preach the acceptable year of the Lord, and my God shall supply all of your needs according to His riches in glory by Christ Jesus.

I found myself in the Word of God! Actually, I could say, God showed me who I am, and what my call is, through the Word of God. As the result of hearing the voice of God, and hearing that voice through the Word of God, I'm doing what I'm doing now. I am traveling and ministering. I have become a **Fisher of Men**, preaching the acceptable year of the Lord, and my God supplies all of my needs according to His riches in glory by Christ Jesus.



One day as I was traveling, I had the idea to make a bracelet from fishing swivels. I wear it daily. As I am driving it reminds me of my Calling - I am a Fisher of Men.

Since the nursing home ministry started, we have been using - **Paul DeNeui Ministries** - simply because it is easier for the facilities and residents to connect with me.

CHAPTER 4

The Truth is:

God Has Plans To Prosper Me And They Do Not Include Harm

Until I realized that God was a God of love, that He had good thoughts toward me, that He did not want to harm me, that he had plans to prosper me, I didn't walk in them. Now I do! Because I do believe this, I want to spend as much time with Him as I can. When you realize that God is the best friend you could ever have, you will want to spend as much time with Him as you can.

Jer 29:11-12 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. (NIV)

There are probably several ways you could prosper. God's way does not include harm. That's a guarantee. This word prosperity comes from the Hebrew word shalom meaning: Safe, Well, Happy, Friendly, Healthy, Prosperous, and Peace. Every time I have followed God's plan, I have prospered.

I remember being in a meeting where Kenneth E. Hagin was speaking. He was sharing a story about a young man who was an associate pastor of a church. This is the story, as I remember it.

The associate pastor knew he was doing the right thing, and he knew he was in the right place, but he was having financial trouble. In the natural, he just didn't see how he could make it through. More money was going out than coming in. The pastor of the church knew his associate's situation and asked the Lord if there was anything he should do to help. The Lord said, "Next year, buy him a new car and help him get established in a better home. If he will follow me, I'll see him through until then." The pastor encouraged him by saying, "The Lord is faithful, follow the leading of the Lord." After a few more months, the associate just couldn't see how he could make it financially. He got his eyes off the Word and onto his problems. He left the church and got out of the ministry. He never knew or realized the plans God had for him. They were plans to prosper him and they did not include harm.

I've been there. There have been times when I've "jumped ship." Times I've had to start all over because of it. That is not God's best. There have been other times when I have kept my eyes on Jesus. I've kept my eyes on the Word and I've come through.

I remember when God called me to Bible School. I was 40 years old, married with 4 kids. My wife had a good job. Our kids were established in their schools and church. I had a good job at John Deere with 19 years under my belt. We were part of a wonderful church and had no reason to leave – except God. He had plans for us. They were great plans and they did not include harm. Sometimes that's not so easy to see, because it's seen in the spirit, not in the natural.

Ann and I came down to Oklahoma for Winter Bible Seminar in 1992. This was not our first trip to Rhema Bible Church, but it seemed like this was going to be a special or significant trip. Let me explain something before we go on. Ann and I had been called to a fast. Somehow, it was connected to our trip. We had fasted for 40 days, and the last day of our fast was the day before we left on the trip. Well now, I believe it was the very first night of Winter Bible, on Sunday night, and I think I could probably take you to the pew that we were sitting in that night. After praise and worship, we were settling in for the message. I remember hearing just one word, "*Come.*" It's the very first time that I had heard something that seemed audible. I looked around. I thought that somebody nearby had told me, "*Come.*" I looked around

and no one was there, yet everyone was there. There were thousands of people there. I was sitting next to my wife and, of course, there were others, but no one was talking to me. We were in the middle of a service. The ushers were seated. There wasn't anybody in the aisle. And then I realized that it was God telling me to come to Rhema. So, I turned to Ann and said, "I just heard from God." And she said, "Really? What did He say?" He said "Come", and I believe that means come to Rhema. She said, "I know. He's already told me." Now you see, several weeks back, during our fast, God had spoken to Ann and told her that we were coming to Rhema. She said to God, "You're going to have to tell Paul, because I'm not going to say anything." So, when I said that God had called us to come to Rhema, that was confirmation of what God had already told Ann.

We knew that we were to come to Rhema, but we didn't know how, and we didn't know when. As time went by, we realized that this was going to be a bigger transition for our kids. It just seemed like the thing to do would be to bring our kids down in the summertime for a vacation and just have a fun time - go to different things, go to the water park, go to the zoo. Just show them all of the different things there are here in this area. Then on Sunday, go to Rhema. Don't tell them that we're moving, just bring them down and have a good time so that later on, when we do tell them that we're coming, they're going to have a good memory, a good impression of this area. And so, we came down for our vacation. We stayed in a cabin at a lake for a while and then a hotel. At the hotel,

the kids were in one room, and Ann and I were in another room. I was sitting in the bathtub later on in the evening, reading a book. I believe the book was Brother Hagin's "Learning to be Led by the Spirit of God." Instantly, I knew how we should move. I was so excited, I hopped up out of that bathtub, dried off, and came in to where Ann was. Now, Ann was lying on the bed reading a book. I said, "Let me share something with you. Don't say anything until I'm done. Then tell me what you think." I started to share with her how I believed that we were to come down to Rhema, all the mechanics of it. I just knew instantly that we were to sell our house and buy a mobile home. If we would move into the mobile up in Iowa, a single wide, four-bedroom mobile home, it could be our moving van, our moving truck. We'd already have all our furniture in it. The kids would get used to living in that home. Then everything – going to school, going to church, all of our neighbors – everything would be different. But, when they come home, they would come to the same house, they'd come home to the same bedroom, they'd come home to the same furniture. That would be a constant, where everything else would change. And so, I told Ann what I believed God told me about our move. We talked about that for a while and thought "Wow!", we would have never thought of that.

So, after we got home from the vacation, the kids still didn't know we were moving. They didn't know anything about this, we had kept it all to ourselves. Several weeks went by. Then, I remember the night we had a family meeting. We told them. It was devastating. All of their

friends – their neighborhood friends, their school friends, their church friends, etc. – everyone they knew lived in Des Moines. We knew that our kids’ moving was going to be the hardest part. We knew that God was helping us with this so we could make this transition just as smooth as possible.

We put the house up for sale and had a big yard sale and garage sale. We told the kids that just as soon as we had the house sold, we would be buying a mobile home. We said, “We’re moving up. This is going to be a good thing. We’re buying a brand new mobile home.” When we started looking at mobiles, we couldn’t find a four-bedroom, at least not in a single wide. We just couldn’t find one. And so, after doing a lot of research, we found a company in Wisconsin that would build to our specifications. We sent plans back and forth a few times to make sure that all of the legal things were right and to meet specifications. Finally we got something drawn up that would work and they said, “Yes, we can build it!” At that point, we knew where the bedrooms were going to be and how big. So we told the kids they’d be picking out the color of their carpet, picking out their wall colors, picking out everything in their bedrooms. They would have brand new furniture in brand new bedrooms in a brand new house! We were not going down, we were going up. Stepping up! This was going to be a good thing. So they picked out all of their furniture, picked out their beds, picked out their colors. We sold our house and moved into this brand new four-bedroom custom built mobile home.

During this time back in 1993, there were some very bad storms up in Iowa and the Des Moines River went over its banks. The storms were so bad and there was so much rain that the river flooded the water treatment plant, leaving the entire city of Des Moines out of drinking water. It was devastating. Before the big flood hit Des Moines, we had sold our house and moved into our new mobile home. The only place that we could find to set up our home was out of town about a half hour north. The mobile home park was owned by the fellow who sold us our home. He knew that we were only going to be there for a month or two before moving. Normally, you just can't move into a mobile home park for a couple of months. So, we were out of town when this flooding took place back in Des Moines. We were never out of water. Ann and I continued to travel back and forth to Des Moines for work. We were able to bring water into town for people who didn't have water, and we did that for just about the entire time we were in our mobile home.

When we finally moved to Oklahoma, I thought we looked like Noah and the ark. Here we had this big mobile home going down the interstate with water up on both sides of the road. We had two weeks to move, get all set up and for Ann to go back to work. She was never out of work. (That's a whole other story). She was able to keep her same bookkeeping job. Only now she would be doing all her work from home using her computer, fax, and telephone. Now that we had arrived in Oklahoma and got established, I went back to Des Moines and worked for a while to finish up my time at John Deere. I remember the

last day of work at Deere. I had spent the night before packing the last of my things in the van, renting a U-Haul trailer and emptying a storage unit. My van and trailer were in the parking lot ready for that final trip HOME to Oklahoma. As I recall I worked half a day. I stopped downtown to pick something up Ann had ordered at a local store. When I got back into the van, changed my clothes and was more than anxious to get on the road. That final trip by myself, a fully loaded full size van pulling an overloaded U-Haul trailer. I was excited! We could finally start our new life! I think I made that trip in the fastest time ever. I was never so excited to see my family. We settled in for the summer and then the kids and I started school in the fall. Everything was different - church was different, school was different, the area was different, but when we came home, our home was the same. It was the same home we had lived in up in Des Moines – same house, same bedrooms, same furniture. It made the transition so much easier, all because we were willing to be led by the Spirit of God.

CHAPTER 5

The Truth is:

Each Of Us Has A Wonderful Path To Walk, But It Is Our Choice To Walk It

Until I realized that God has already designed a path just for me, and that all of my provision and all of my peace and joy were along that path, I did not pursue it. Now I do. With everything that is in me, I pursue that path every day. We can see and we can know the plans that God has for us to walk.

Ephesians 2:10 For we are God's [own] handiwork (His workmanship), [a]recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths

which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live]. AMP

Ps 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Ps 119:105 Thy word is a lamp unto my feet, and a light unto my path.

Prov 4:18 But the path of the just is as the shining light, that shineth more and more unto the perfect day.

The path that I am walking now is the path that contains my supply: my peace, my joy, my health, my finances, etc. It is a path that was not on my radar even as recent as 5 years ago. But it is the path that God has called me to. Because of that, He has placed His supply for me along this path. It is the path of the nursing home ministry. This is a story of trusting God.

For the past several years, I had had many secular jobs. Now I was unemployed and looking for work again.

Toward the middle of October 2009, I was sensing a call to minister in nursing homes. Several years ago, we had ministered in nursing homes. We had four nursing homes and went to each one once a month on Sunday

afternoons. This time the call was different. It seemed like I was to do it full-time.

I am a preacher's kid, grew up in the church. My dad pastored for 40 years. I had worked in the church all my life. I remember many ministers coming to our home and speaking at the church, but in all those years I had never heard of anyone in full-time nursing home ministry. I was looking for a job, something that would bring in an income, but God was placing in my heart a Call to full-time Nursing Home Ministry.

(The Lord was answering a prayer I had prayed a couple of years before. During a time of prayer, I had rededicated my life to the Lord and wanted to be used more than ever before. I said, "Lord, put me in situations and circumstances where I can be used the most." I felt that I should be doing more than I was. I said, "Lord, put me on the fast track. Let's build Your kingdom. Let's strengthen the saved and save the lost. Tell me what to do and I'll do it." I had forgotten about that prayer.)

I mentioned the idea of the nursing homes to Ann, but told her I didn't know how it would work. We didn't talk about it much. That weekend we went to visit some very close friends of ours. We went out to eat and then spent the night at their home on Friday night. As we were sitting around drinking coffee, I told my friend about the nursing home ministry. We stayed up most of the night talking and praying about the idea. I told the Lord, "You will have to explain how this is going to work to Ann",

because I didn't know. On Sunday morning, we were back home and went to "family prayer time" in our church at 9am before Sunday school. I was in the sound booth when the pastor's wife called me down to the front and asked me if the Lord was dealing with me about something. The power of God was so present, I began to cry and told her about the nursing home ministry. She jumped up and down and said she wanted to be the first to be a part of the nursing home ministry by contributing toward it. By the end of the morning service, there were four to five more families on board. Ann and I looked at each other and we knew this was the way it was going to work. The next step was the step of faith.

I knew (through prayer) that I was to provide something that nursing homes don't normally get. I was to provide a service, just like when they used to go to church. There would be singing, special music, a message, and an altar call. This was going to be their church. Those who could not get out of the nursing homes would have a church they could call their own. On Monday, the day after that Sunday morning service at our church, I went to the Warner nursing home to ask them if I could come on a regular basis and minister to their people. (I have learned that the activities director is generally the person to talk to.) We set a meeting date for the next Sunday at 2pm. Now there were some other things to consider. I knew that I needed music. Ann has always played the piano for me wherever I've gone to sing. This time that wouldn't work. She is already working full-time. Now what do I do? We decided we would record her playing the piano

into my computer. I felt very strong about the idea of using the old hymns. These are the songs that most of the people in the nursing homes would know and to which they could relate. Then we needed something to play the music through. I began looking for a little sound system that I could take with me. I wanted it to be totally portable – something that I could set up anywhere, even if I didn't have any electricity. That meant it had to be battery powered. I also needed a microphone and it needed to be wireless. (I didn't want a cord around all those wheelchairs.) We found exactly what I needed online and ordered it that Monday afternoon. Within a few days, it was at our doorstep and I was ready. On Sunday, Nov. 1st, 2009, I went to my first service in Warner. I only had one nursing home scheduled, but I knew it was just a matter of time and I would have 20. I considered myself full-time. The Lord had given me a plan of 20 nursing homes in a 50-mile radius, going to each one twice a month. So, I began to pray and ask God WHERE do you want me to go next. I printed off a map of eastern Oklahoma and drew a 50-mile radius with our home in the center. Then I created a list of the towns in that circle and began to pray about each one. The Lord began to reveal to me, one at a time, where to go. He also said there would be many individuals, *Life Senders*, who would help send the Word into the nursing homes.

Jesus said in John 10:10, “I am come that thy might have *Life*.” So, we are sending *Life* to:

“Strengthen The Saved – Save The Lost”

After that first service in November of 2009, we continued to add nursing homes from December into March of 2010. On March the 10th we acquired our 20th facility. The nursing home mix has changed a little since the beginning, but we have maintained from 19 to 21 facilities. We already had a ministry website so we began to tweak it for the nursing homes.

We now have a website (www.pauldeneui.org) plus many social media sites which we use to stay connected to our supporters and friends. At this writing, we have completed our fifth year in the nursing homes. We have traveled thousands of miles, seen many salvations, healings, performed funerals, communions, and were requested to preside over two weddings. We have made many, many friends and the Lord has changed lives all over eastern Oklahoma.

CHAPTER 6

The Truth is:

I Can Do All Things Through Christ Who Strengthens Me

Until I realized who I was in Christ, I did not know what I could do along the path I'm walking. I began to look at every New Testament book that had the expression "in Him," "in Christ," and "in whom." It's like reading the instructions telling you who you are and what you're designed to do.

Phil 4:13 I can do all things through Christ which strengtheneth me.

2 Cor. 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

I want to share with you a story that happened in my life. A story that God has used to show me that I can do all things through Christ who strengthens me.

Back in the 60s, my dad was the pastor of Immanuel Baptist Church in Minot, North Dakota. We were just getting ready to move again. Five years earlier, we had moved from Albert Lea, Minnesota to Minot. Now we were moving to Des Moines, Iowa, because my dad was going to pastor Calvary Baptist Church. So, we moved after school was out in the spring of 1968. We were getting settled in the new house and I discovered I had the upstairs pretty much to myself. Wow, it was great! I needed some good news right about then. I had a big bedroom just for me. There was a room over the garage that dad used for his home office but I had all the rest of the upstairs. Now that we were in Des Moines, everything was new, everything. (I think the reason why I was so concerned about our kids when we moved to Broken Arrow was because I knew what it was like as a kid to move out of state and leave all your friends behind.) And so, I'm going to have my Junior and Senior years in a new school, different town, and I don't know anybody. Those kinds of situations can be hard for kids. I remember the first year in Des Moines. It was my junior year in high school and I didn't know anybody. It was an adjustment getting to now a new town, a new church, a new school, and developing new friend.

Before we moved from Minot to Des Moines, I was getting involved in gymnastics and spent some time

practicing after school. I really liked the rings and parallel bars. I was also very involved in the choir. Between gymnastics and music, I stayed quite busy. The last year I was in Minot, the choir was judged and awarded the honor of being the Governor's choir. So we did some traveling and singing around the state.

After we got down to Des Moines I tried getting into gymnastics. They practiced before school and that didn't work for me at all. I tried it a few times, but it was just too early in the morning for me so I dropped out. I began spending more time in the music department. I got involved in the A cappella choir, and the boys glee club. Everything I did was focused on music.

So now it is the fall of 1969 and I'm heading into my senior year. I had made a few friends at school and at church. My music teacher's name was Mr. Carnes. To this day I still consider him the best teacher I ever had. I learned so much from him. After I graduated he became a personal friend, but I still refer to him as Mr. Carnes out of respect. In the Fall of my senior year a new musical group was formed called the Scarlet Singers. It was a new sound, a new idea for its day. It was known as a swing-choir. I got involved in that too and I loved it!

One day in class Mr. Carnes announced we were going to be putting on the musical HMS Pinafore in the spring, and anybody who wanted to try out could. Now, this was my senior year. I had been through a lot of changes. I had gotten involved in a lot of music groups, that already took

a lot of my time, and I really didn't want to take on any more things. My plate was full. So I wasn't very interested in trying out. I just didn't want to do it. Days went by and now it was getting close to the end of the tryouts. I remember Mr. Carnes coming to me on the last day and saying, "I noticed you haven't tried out yet, Paul." I looked at him kind of funny because I thought he knew I didn't want to be in the musical. I said, "No, I'm just not interested." My plate is full enough. He looked at me and said, "I'd really like you to try out, we could use you. We don't have that many people, and we could use your help." I thought, well, maybe he needs some extras, I could do that. I wouldn't mind being a help. So, he convinced me. I had to quickly go to the English department and read some lines, and then go to the music department to sing. It was already late in the day. Mr. Carnes said he was going to go over the list that night and decide who would get what parts. At school the next morning I could see there were a lot of kids running up the steps toward the music department on the second floor. The sheets were posted with the list of cast members. There was a big crowd around the board so I just kind of hung back. I'm not sure anyone even knew I was there. There was a lot of excitement to see who made the list. I figured I'd be an extra, if anything, so I wasn't in any hurry. I waited until everyone left for homeroom to look for myself. When I saw who Mr. Carnes picked I was shocked and petrified. The musical had two lead roles - a male and a female. The name on the list chosen for the leading male was Me. I had the lead part! I thought, *now wait a minute. Mr. Carnes asked me if I would just*

try out and help. About that time, Mr. Carnes came out of his office with a smile and said, “Paul, what do you think? Will you do it?” I said, “I had no idea you were thinking of me for lead. I wouldn’t have tried out if I’d known that. I tried out so I could help.” He smiled, and said, “I know you can do it, you’ll be good. I know it’s in you.” Now that shocked me, because I didn’t think so. I didn’t think that it was in me but Mr. Carnes did! He asked me again, “Will you do it?” I said, “Yes.” Now I’m telling you, that was one of the hardest things I ever did but it’s one of the best things I ever did. I wasn’t very good at memorizing and now I had a lot to memorize. I remember during Christmas break, walking the streets around home, learning my lines, and practicing the music. There were things in that musical I had never done before. Just the year before I sang a bass solo in the Christmas cantata. Now one year later, as the lead in this musical I’m expected to sing the tenor part. I thought *THERE’S NO WAY I CAN’T DO IT*. But Mr. Carnes had confidence in me and thought I could do it, so I began to have confidence in myself. I began to think that I could sing tenor. So that year, I sang tenor. Those lines I wasn’t sure I could ever memorize, I did. And some of the hardest lines, I can still repeat today. Mr. Carnes saw something in me that I didn’t know was there. I look back to those high school days and boy, those were real growing times for me. Many of the things I’m doing in ministry today are a result of the things I learned back then from Mr. Carnes.

In Bible school, I remember discovering that through the Word of God we can find out who we are and what we can do. We can look into the Bible and see who we are “in Christ”, and what we can do “In Christ.” We began to look at each one of those Bible verses that have “in Him”, “in whom”, and “in Christ” in them, and we began to see who we are and what we can do. The more we meditated on the “in Him” verses the more our confidence grew that we could do all things through Christ who strengthened us. Yep, there’s a lot more in me than what I realize because Christ is in me. And I CAN do all things through Christ who strengthens me. When you discover who you are in Christ, when you realize your potential in Him, your life will take on new meaning. Now, it seems like I hear the Lord saying, *“What do you think? Will you do it? WILL YOU DO IT?”*

CHAPTER 7

The Truth is:

There Is No More Important Time Than Time With Him

Until I realized that He loves me, that He already knows what I need to know, and that in Him is fullness of joy, I did not spend a lot of time in prayer. Now my prayer time is the first and most important part of my day. My time spent with Him saves time. He is my SAVIOR and my LORD. That means I must follow His directions for my life and enjoy His presence.

Ps. 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Acts 3:19 Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;

Ps. 140:13 Surely the righteous shall give thanks unto thy name: the upright shall dwell in thy presence.

Have you ever experienced a friendship that was so close you wanted to be together all the time? Many times a person will begin to experience that kind of feeling in junior high or high school when they start to think about girlfriends or boyfriends. The Bible says in Prov. 18:24 “There is a friend who sticks closer than a brother.” His name is Jesus. This is a much deeper friendship. It’s one that will be for all eternity. He knows the good and the bad in my life and still loves me. He is the one who has planned my path. He knows where I should go, what I should say, and what I should do. How can I know all of this without spending time with Him?

I have learned to spend my prayer time according to 1 Cor. 14:15. The Apostle Paul says, “What is it then? I will pray with the spirit, and I will pray with the understanding also.” I have found when I pray in other tongues first and then pray in English, my direction in prayer becomes much clearer.

I truly believe that God knows where we should be, what we should do, and what we should say. We can’t discover those things unless we fellowship with God by spending time in prayer. Jesus said that He only said what He heard

the Father say and He only did what He saw the Father do. So I believe that we can do the same thing Jesus did if we are in fellowship with God. This story relates how we can know what to do, when in the natural we may not know what to do at all.

Several years ago, Ann and I were getting ready to come down to Brother Hagin's Winter Bible Seminar. We had been coming down to the seminar at Rhema Bible Church in Broken Arrow, Oklahoma for a few years. At that point in time we were going to Faith Baptist Church in Des Moines, Iowa and had started bringing our pastor and his wife along with us. We were very, very excited about coming down. It was always a wonderful time for us, a time when we could take a week away from work and enjoy the presence of the Lord. It was a vacation plus a real uplifting and spiritual building time for us. I believe that we were only a week away from coming down to Winter Bible Seminar when I realized that I had never called down and made a reservation at the hotel where we were planning to stay. Suddenly I was in panic mode. I knew how many people came to Winter Bible Seminar. The possibility of having an available room only a week away from the seminar was highly unlikely. I thought, *Oh, man, what am I going to do now?* Then I realized I needed to settle down a little bit, go to the Lord in prayer and ask Him what I should do. It just seemed like I needed to ask Him for forgiveness. Coming to Winter Bible Seminar was something that we really felt we were called to do, and I had not made the reservation.

Well, I spent some time in prayer with the Lord, and I heard the Lord speak to me down on the inside. It wasn't an audible voice, but a sense that I should call the hotel and say that I wanted to confirm my reservation. I thought, *Well, now, Lord, I don't have a reservation. How can I say something like that when I don't have a reservation?* I really meditated on that. It seemed like the Lord was saying, *"Now just do what I say. I'm trying to help you. Call the hotel and tell them that you want to confirm your reservation."* I thought, *Wow, that seems like kind of a stretch.* I didn't really know about that. The more and more I meditated on it, I thought, *Well, God, if that's what you want me to do, that's what I'm going to do.*

So I remember calling the hotel and speaking to the person who handles the reservations. I gave her my name and told her we were coming down to Winter Bible Seminar at Rhema Bible Church next week and I was calling to confirm our reservation. I heard her hesitate as she was looking for my name on the reservation list. I had told her we were coming on Saturday and staying through Friday night of the next week and then coming home on Saturday. After a brief discussion she said she was unable to find my name on the list and that they didn't have any available rooms. Every hotel in town had been booked for several months by now. Then she asked me if I would be home later that evening. She wanted to look into this, then give me a call back.

A couple of hours later I got a phone call, and it was the woman from the hotel. She said, "Sir, you called earlier to

confirm a room at our hotel. Now, how many rooms do you need?” When I heard that, I really got excited. I told her there were two couples, my wife and I, and our Pastor and his wife, but we were planning to share a room. We wanted to save on our costs, and so we really only needed one room. She said, “Your room is confirmed” and she would see us on Saturday. So I thanked her for her time and willingness to look into this and for calling me back to confirm our reservation.

The next week we drove down and we had a room reserved in our name just waiting for us when we arrived. We enjoyed having a whole week set aside to be with each other and with God. I look back at that now and think that if I did not have a relationship with God, there would have been no way I would have responded to that situation the way I did. I would not have known to call the hotel. I would not have known what to say or how to say it. I trusted God in this and believed He would make a way where it seemed there was no way. Even though I messed up, God knew how to handle it and how to fix it.

I did not realize this was going to be the seminar when God would call me to come to Bible school. It was on that Sunday night that I was called to come to Rhema Bible Training College. I remember right after praise and worship, I heard, “*Come.*” That’s all I heard, but I knew what it meant – come to the school, come to the church and that’s where I would be employed. I turned to my wife and said, “God has called me to come to Bible

School.” She said, “I know, God told me five weeks ago.” We’ve thought about that since, and you know, if we had not listened to God, we may not have been there that year. We could have cancelled very easily, thinking there was just no place to stay. But when we set aside time to spend with God, and when we know that God is a good God, we know that He knows where we should be, what we should do and what we should say. And when we do that, when we follow Him, when we’re led by God, we’ll come out on the other side.

CHAPTER 8

The Truth is:

The Real Me Is A Spirit Being

(I am a three-part being: Spirit, Soul, and Body)

Until I realized who I was and how I was to function, I walked in confusion. Man is a three-part being. Our threefold nature is this:

Spirit - the part of man who deals with the spiritual realm.

Soul - the part of man who deals with the mental realm - our reasoning and intellectual powers found in our mind, will and emotions.

Body - the part of man who deals with the physical realm.

1 Thess.5:23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body. . .

Heb.4:12 For the word of God is quick, and powerful, and sharper than any two- edged sword, piercing even to the dividing asunder of soul and spirit. . .

Gen.1:26 And God said, Let us make man in our image, after our likeness:

Prov 20:27 The spirit of man is the candle of the LORD, searching all the inward parts of the belly.

When I was born again my spirit became new. My body and soul did not change, although my mind, or soul, made a decision to follow the Lord. If I am a spirit man, then my spirit should control or dominate my soul and body. I say it like this: I am a spirit, I possess a soul and I live in a body. That should be some basic Bible knowledge, but unfortunately, it's not.

Everyone has these three parts, spirit, soul, and body, and all of them speak. They each have a voice. The voice of our spirit is our conscience. The voice of our soul, or mind, is our reasoning. The voice of our body comes from our five senses – sight, hearing, taste, touch, and smell. All of these voices can be very loud and strong. These voices are important and have a purpose. We need to pay attention to all of them.

You will see from this story that there are many voices we can hear. And certainly the voice of pain is one of those voices that can be heard plainly. Back in the late 70's, I was a member of a bicycle club. Back then we all rode 10-speeds. At first I couldn't ride very far so I had to build up my strength and endurance. Over a period of time I got to where I could ride up to 40 miles in an evening during the week. On the weekend we would ride even longer distances up to 75 miles. I really enjoyed biking. It was not only a lot of fun, but good exercise. One summer the national bikers association sanctioned a 100-mile bike ride called a century ride. If you could complete the 100-mile ride in a day, you would qualify to be a centurion. That's what I wanted, so I began getting ready for the century ride by taking longer and longer rides.

Finally the day of the ride came. At the starting point there were two loops. One loop was 40 miles and the other was 60. They both started and stopped at the same point, but went different directions out of town and back. I had worked on my bike the week before by taking it all apart, greasing and cleaning it. I was ready and my bike was ready. I was at the starting line and I remember telling myself, *This is it. I'm going to do this!* I decided to go on the 40-mile loop first. (We all wore bike helmets and clipped little round rear-view mirrors to the helmet so we could see cars coming from behind. Whenever we saw a car coming, we would try to get over to the side of the road as far as we could to allow the car to go by.) By now I was well out of town with a good start on the 40-mile loop. The road was a blacktopped county road and it

looked like it had been resurfaced several times. The edge of the blacktop was fairly thick and then it dropped off to gravel. If you got your tires too close to the edge, you could lose control and fall very easily. Well, I saw this car in my rear-view mirror and pulled over as far as I could. I really don't know what happened for sure, but I got over too far. My tires hit the edge of that blacktop and dropped to the gravel. When it did, my bike flipped right out from under me and off into the ditch. I came crashing down on my left knee on the blacktop. Boy, did that hurt! I knew the car behind me was still coming, so I rolled off the road into the ditch and just laid there for a little bit. I wasn't feeling good at all. I was in pain. The car passed right on by without stopping.

Now we're talking about all of these voices we hear. So this voice was really screaming at me, one of the voices of my body, the voice of pain. All of these voices are very important, and the voice of physical pain lets you know there's a problem with your body. I laid there for a minute before trying to move again. I tried to discover what was working, if anything was broken, and what kind of shape I was in. Well, I got up on my feet and I could tell from walking that I couldn't put much pressure on my left leg. My knee was really hurting. I was hearing all of these voices. You can be hearing a lot of different voices at the same time. It's helpful to know where these voices are coming from and what you do with them. My body was telling me, *enough is enough!* In fact it was screaming *QUIT! GO HOME!* My soul – my mind, my will, my emotions – is trying to figure out what to do logically,

What do I do now? Since my knee hurts, I'm using that information from my body to make a logical decision that I need medical attention. When you discover that God created all those different voices for our benefit and made them available to us, you begin to see how they can help us make right decisions. Now that I've decided I need to see a doctor, I have the problem of getting back to town. There were no cell phones in the 70's. I'm probably 20 miles away from town, my knee is hurting, and my bike is laying somewhere in the ditch, there I was. I hobbled down the ditch to look at my bike. It was scraped a little bit, but nothing was broken. Nothing was bent. My bike was okay. What am I going to do? I'm hearing the voices from my body. I'm trying to be logical (maybe it's not quite so logical right now!), then I hear another voice. That voice is my conscience and that is the voice of my spirit.

When you think about it, there may have been times when you have come up with a logical conclusion to something, but yet, down on the inside your conscience was telling you to do something completely different. Now you're undecided – should I do this or should I do that? You are a spirit and your conscience is the voice of your spirit. God, who is a spirit, speaks to you through your spirit. When we talk about hearing our conscience, many times we refer to that as a still small voice. The voices that come from our human senses can be very, very loud. That's when we have to take the time to just settle down and be quiet in order to hear the still small voice of the spirit, our conscience.

As I was thinking about all that had happened, feeling the pain from the fall, and thinking to myself, *what am I going to do?*, down on the inside I could hear my conscience say, *Get on the bike. The best thing you can do is start using the knee.* Now you see, this didn't make sense with my mind. Even though I could walk a little bit, I didn't know if anything was cracked or broken. My knee was already stiffening up and starting to swell. Logically I didn't think I should be using my knee. But my conscience was telling me to get on the bike and start pedaling. My body wasn't telling me that. My mind wasn't telling me that. I still had a long day ahead of me if I was going to go 100 miles! And so I got back on my bike and started to pedal. Putting pressure on my right foot was fine. But getting my left foot around to the top of the pedal and pushing down, well that hurt. However I noticed that the farther I went and the more I pedaled, the better it got. My knee was very tight and stiff at first, but it gradually got better and the pain was starting to go away. My knee was not swelling. Matter of fact, the swelling was going down. By the time I got back into town, my knee felt much better. The first 40 miles was over and so I took a break. I walked around to keep my leg moving, and got something to drink while I was listening to my conscience. Then I decided, I'm going to do the 60 miles and finish this ride. Now you know, I've learned over the years to listen down on the inside. What is my conscience saying? I didn't get a *No*. I didn't get a check. And so I got on my bike and headed out to go the next 60 miles. Everything was going well. It was later in the day now. The sun was going down and clouds were starting to come in. There was a

rain storm that evening. It poured. The blacktop was becoming very slippery and I sure didn't want to have another accident. I was hearing a lot of voices again from my body and my mind - *it's getting bad out here, get off the road before you fall, just call it quits*. But down on the inside, I just knew that I was going to be fine. It was that still small voice. Other voices can be demanding, but this was a calming, peaceful voice. Many times you have to quiet your mind to be able to hear it. I was hot after all the miles that day. As the rain came down, it started to cool me off. I actually began to feel better and was able to finish the 100-mile ride. I was a centurion. If I had not listened and paid attention to my conscience, over the other voices, I'm convinced my knee would have continued to swell and I certainly would not have finished the 100 miles. You see, our conscience will tell us what God is saying to us. And even at times when there are other voices screaming at us, if we can settle down, if we can hear the voice of our conscience and obey, we'll be okay. The only one who can hear your conscience is you. You are the only one who can hear the voice of your spirit.

I was speaking with Michelle at one of the nursing homes about this topic. She wanted to know how to hear from God. She wondered why she never heard from God. I began to share with her all of the different voices that we can hear. She said, "Do you hear voices?" I said, "Well, yes, I do." "Are you crazy?" she replied. I answered her this way, "No, but there are a lot of voices, if you think

about it.” We began talking about the voice of the spirit, the voice of the soul, the voices of the body and how all of these voices are critically important. It is important to know and understand how God speaks to us. Our conscience is the voice of our spirit. We should listen to our conscience even when it disagrees with our logic, even when it disagrees with the voices of our body. And so as I was talking with this woman, she said, “Do you mean that years ago when I knew down on the inside I should just walk home, that was God speaking to me?” What she was referring to was a very severe car accident she was in. The accident broke her neck and left her paralyzed from the neck down. I continued, “Your conscience is the voice of your spirit. That’s were God speaks to you.” She looked at me and said, “You mean if I had listened to my conscience back then in the front yard I wouldn’t be in this situation today?”

CHAPTER 9

The Truth is:

Our Conscience Is The Voice Of Our Spirit

As Believers, we can follow that voice

Until I realized my conscience was the voice of my spirit, I did not pay that much attention to it. I certainly did not put any priority to my conscience. When I realized that my spirit had a voice, and I could hear it, I began to listen. The Bible says “The spirit of man is the candle (or light) of the Lord.” Prov. 20:27. In other words, God is going to speak to our own spirit to guide us. Now when I spend time with God in prayer, I spend much of that time listening to that voice, the voice of my spirit. With that

voice will be a sense of peace and it will never contradict the Word of God. How many times have you reasoned something out, but down on the inside it seemed like you should do something else? Then later on you realized you should have followed that inner voice. That inner voice is your conscience. That's the voice of your spirit. That's where God speaks.

Acts 23:1 And Paul, earnestly beholding the council, said, Men and brethren, I have lived in all good conscience. . .

Prov 20:27 The spirit of man is the candle of the LORD. . .

2 Peter 1:21 Holy men of God spoke (the WORD) as they were moved by the HOLY SPIRIT.

Phil 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Your mind or soul needs to be renewed to the Word of God. The more your mind is renewed, the more it will agree with your spirit. Or you could say the more your reasoning will agree with your conscience. There are many places in scripture where you can see this. Did you realize that in the New Testament, we have the book of Luke because it *seemed* good to Luke to write it?

Luke 1:3 says, "It *seemed* good to me. . .to write. . ."

Silas traveled with the Apostle Paul because it *seemed* good to stay where he was for a while. Paul was looking for a traveling partner and Silas was there. (Acts 15:33-41)

I had a similar experience a few years ago when Ann and I were getting ready to build a new home. I've got an architect's software program on my computer and we'd literally spent years working on this house and drawing up plans. We'd been doing everything we knew to do to get ready to build this new house. Once the plans were done it was time to talk to a contractor so we could figure out how much it was going to cost us to build. We needed to find a contractor who would help us all along the way from start to finish. We began to pray along those lines. Who should it be? We committed it to the Lord and cast our care over onto Him. Then a name came to us. We knew him and it *seemed* right. He had years of experience in the construction business. I got really excited because I knew if he would agree to be our contractor, we could work with him, he would have our best interest in mind and things would be great! We called him up and set an appointment to meet with him. After getting together several times to go over the blueprints, he agreed to be our contractor. We were thrilled!! He helped us with a cost analysis that we used when we went to the bank to get our loan. Helping us with the difficult task of figuring out our building cost was a major blessing and an answer to our prayers. We were so glad he said "Yes."

Now that our cost analysis was completed, it was time to go to the bank. I remember our first trip to the bank. We

brought our blue prints, the breakdown of our costs, and how we were going to pay it back. We showed them our plans, and gave them all kinds of paperwork about our jobs and our incomes. We furnished everything they wanted to know about us. We talked for a long, long time. After a few days they got back to us and the answer was no, they would not be able to help us with a loan. We had to start all over. So, off to another bank. We went through the same process, waited a few more days, and got the same answer - no, they would not be able to help us with a loan. We found another bank in a different town. We went through the same process again, waited a few days, but this time they said, "Yes." They were willing to loan us money to build our house. Oh, we were so excited! We were thrilled. We began completing the paper work, getting all the forms signed, having the appraisal done, and then waiting for the final okay. I remember being at work and thinking, *Several days have gone by and we haven't heard anything. They haven't called.* So, I called the bank. I told them who I was and who we were working through. They said, "Oh, he doesn't work here anymore and Mr. DeNeui, we won't be able to help you with your loan. We are so sorry." After a few days, I went to a fourth bank and they said, "No" before I left the building. I recall calling Ann as I was coming home from the fourth bank to tell her the results. When I told her, the bank had said, "No", she asked me, "How do you feel about that?" Now, before I tell you what I said, I need to tell you another story.

Several years before this I was eating breakfast and reading Matthew 6:26 “Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?” As I was meditating on that scripture, the Lord said, “*How do I feed the birds?*” I thought to myself, *I don’t know*. Then I heard this, “*Take a look at the birds and see how I feed them.*” (Now when I say, “the Lord said,” I mean I heard the voice of my spirit say that, or it just *seemed* like that’s what I should do.) I went to the sunroom we had at the back of the house to watch the birds in our trees. First they were just sitting on the branches. Then, after a while, they would fly down to the ground, peck around a little bit and go back up in the tree. Then after a while, they’d do the same thing again. I heard this question on the inside, “*How do I feed them?*” Well, I was watching the birds, but I couldn’t answer that question. I didn’t know what to say. Then I heard it again, “*How do I feed the birds?*” I guess because I was not responding I heard another question, “*Where is their food?*” Well, their food was on the ground, I knew that. Then I heard this question, “*Where are the birds?*” I knew the birds were in the trees. Then I saw it, God provides the food but the birds have to go find it. It’s there, but they have to get off the branch, go down on the ground, peck around until they find it. They seemed to know it was there, but they had to go get it. I realized God takes care of us the same way. If we are walking by faith, we believe it’s there and then we need to hop down off our branch and find it before it will do us any good. (I was renewing my mind to the Word of God.)

Now I can continue with the first story. So when Ann asked me how I felt about that, I said, “I feel like I’m a bird, just pecking around until I find it.” You see, my physical senses were telling me to quit. I was getting tired of all the running around. My spirit knew to keep going, and because my mind had been renewed to the Word of God, my spirit and mind agreed. It’s important that we understand the “voices” we hear and where they come from. We went to a fifth bank and that was it, we got the loan. If we had stopped looking before the fifth bank we wouldn’t be in our home today. Oh, and the contractor? It was a God thing. We’d heard horror stories of building a house, but this was one of the best experiences we’d ever had.

It pays to follow your spirit, your conscience. Think of it like this. We are a spirit, we possess a soul (mind, will, emotions), and we live in a body.

CHAPTER 10

The Truth is:

Our Soul (Mind, Will, And Emotions) Must Be Renewed To The Word Of God

Until I realized what my soul was and how it worked, I did not use it properly.

The mind has two basic functions: memory and imagination. We are created by God to perform what we first see in our minds. If our minds have more “world” in them than “Bible”, we will think world first. Every action is first preceded by a thought picture. When we meditate on God’s Word, we allow the Word to paint a new picture for us. This process is the process of “renewing” our

minds. When we meditate on God's promises, we can begin to see ourselves receiving and experiencing those promises, consequently making them a reality with our actions.

I think of it like a balance or scale. My spirit will pull me one way. My body may pull me a different way. My soul will make the deciding decision. In order to make the right one, it must be renewed to the Word.

Rom. 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Eph. 4:24 And that ye put on the new man, which after God is created in righteousness and true holiness.

I would recommend renewing your mind to the verses that include: "In Him", "In Whom", and "In Christ." I know I am repeating myself. I've said this in an earlier chapter, but that's how important it is. It's also important to know and understand the promises of God. I'll say it like this:

1. Know who you are in Christ.
2. Know who He is.
3. Know what He has promised.

One day I was washing my car and I believe the Lord really showed me some things about the mind. When I wash my car, I'll pull it out of the garage and get the garden hose hooked up. Then I'll get a bucket, put some dish soap in the bottom and fill it up the rest of the way with water. I have a large sponge that I use, so I put that in the bucket of soapy water and I'm ready to go.

So on this particular day I got my garden hose, and I hosed off the car to get it wet. If there's any dried or caked dirt, maybe that would loosen it up a little. I reached down into the bucket and noticed that the sponge was just floating on top of the water. It wasn't wet and there wasn't any soap in the sponge at all. It was just floating on top of the water. So I pushed the sponge down in the bucket, squeezed it a few times, and got it completely saturated with soapy water. Then I began to wash the car. All of a sudden down on the inside I heard this, *"Why did you push that sponge down into the bucket and squeeze it like you did?"* I thought, *Well, I do that because I want to make sure the sponge is completely saturated with soapy water.* I just kept washing the car and then I heard this question, *"Why did you want your sponge saturated with soapy water?"* And I thought, *It's because soapy water is what's going to clean my car. So in order to get the job done, I wanted to have the sponge full of soapy water.* I washed the car a little bit more, and then I heard another question, *"What does the Word of God do?"* Well now, that's an interesting question. I thought about how in the book of Joshua, God told Joshua to keep his eyes on the Word of God and this would cause him to prosper and have good success. So I

thought, *It is the Word of God that allows us to prosper and have good success.* In the New Testament it says that you will prosper and be in health even as your soul prospers. So then it came to me (or a light came on), *Our soul – our mind, our will, our emotions – needs to be saturated in the Word of God (Just like the sponge in the bucket) because God wants us to prosper and have good success.* God wants us to prosper and be in health, but it's going to be as our soul prospers. So that's why He said to Joshua, "Don't let the Word depart from your eyes." I realized that the reason I put that sponge in the bucket of soapy water and squeezed so many times was because I knew that soap was going to clean. Soap is a cleaner. No matter what I put soap on, it's going to clean it. When I put soap on my Jeep, it's going to clean my Jeep. When I put soap on my riding lawn mower, it's going to clean my riding lawn mower. When I put soap on the dishes in the kitchen sink, it's going to clean the dishes. Soap is designed to clean, and whatever I put soap on, it cleans it. The Word of God is designed for us to prosper and be in health. It's for us to prosper and have good success. That's in every area of our life – prosperity of the spirit, prosperity of the soul, prosperity of the body. The Word of God will teach us how to prosper. Just as I take that sponge and put it into that bucket of soapy water, I've got to take my mind and you might say, put it in the bucket of the Word of God. I've got to saturate my mind with the Word of God just like that sponge.

When I squeeze a sponge, whatever is in it will come out. In life situations, when I'm squeezed, whatever is in me

will come out. I want the Word of God to come out. I want the Word of God to cause me to prosper in every situation, especially when situations are tough. So, get into the Word of God and get filled up!

CHAPTER 11

The Truth is:

Death And Life Are In The Power Of The Tongue

Until I realized that death and life were in the power of the tongue, I was not as careful about my words. When I realized that what I was saying was determining my future, I started being more cautious and determined about what I said. I also realized how important a renewed mind was, and how all of this would determine the path I would take. I have learned that words are actually tools that will help you build or create things. Remember, they have the power of Death or Life. Choose Life.

Deut. 30:19 . . . I have set before you Life and Death, blessing and cursing: therefore choose life. .

Prov. 18:21 Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

James 3:3-5 Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships, which though they be so great, and are driven of fierce winds, yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!

Death and Life are in the power of the tongue. Since this is true then it is critically important what we say.

James compares the tongue to the bit in a horse's mouth. The bit has the ability to control the direction of the horse. Then he compares the tongue to the rudder on a ship. The rudder has the ability to control the direction of the ship. In effect, James is saying our tongue has the ability to control the direction of our life. So it's very important that we understand the power of the tongue or you could say it like this, the power of what we say.

Have you heard the story how I learned to ride a horse? Back when I was in junior high school, I was living in

Minot, North Dakota. A church friend of mine lived on a ranch and one summer we decided that I would spend a couple of weeks with him on the ranch. Growing up in Minnesota, I had always lived in town and had never been on a ranch before. Now I'd been out on a farm. Every year we went out to a farm for our annual Sunday school picnic. And I always looked forward to going to my cousin's farm in Iowa. But being on a ranch where there were range cattle and horses, that was a new thing for me.

When I first got to the ranch, I remember looking around and being amazed at how it was set up and what all was going on. I saw things that I had never seen before like dehorning and castrating cattle. I'm telling you, for a junior high kid from the city, that was a real experience and eye opener. Since everyone knew this was my first time on a ranch, the ranch-hands had set aside a horse that they thought would be a really good horse for me to learn to ride. Now I had never been on a horse before. I remember getting on for the first time and being excited and nervous at the same time. We rode out where there was some pastureland so I could become familiar with a horse and see the wide-open range. This was a big ranch spread over a lot of land. We rode out quite a ways, and my horse just followed along behind the other horses. To me it didn't seem like it was going to take a whole lot to learn how to ride. Yep, I thought riding a horse sure was easy. As I was saying, we had ridden quite a ways out on the range. After a while the guys decided it was time to head back to the barn. When my horse realized we were going back to the barn, all of a sudden he took off in a full

gallop. I mean it was like going from 0 to 60 in 5 seconds. This happened so fast, I didn't know what to hang onto. I'm doing everything I can to hang on to the saddle, the mane or anything else I can find. My legs were flapping so I tried squeezing them tight against the horse. I didn't want to fall off. I thought I was going to die and I started screaming for help. I'm telling you, that horse knew how to run. He went into a full stride, and while I'm hanging on for dear life I could hear the guys laughing. I had no idea what to do. There was a gate to go through to get to the barn. I'm seeing that gate coming up real fast so I'm ducking to make sure I don't hit my head on the cross post as I'm going through. Well, it actually was a lot higher than I thought it was. Here I am a junior high kid from the city who had never ever been on a ranch before. Now I'm riding full speed on a runaway horse, I saw my life going before me. Well, once I made it to the barn the horse came to a stop. After everyone had a chance to settle down and see that I was okay, they began explaining to me the importance of the bit in the horse's mouth. I learned several things about riding a horse that day. A horse is a very large and powerful animal, but he can be controlled by using a bit. They taught me that even though my horse had a bit in his mouth, it's up to me to use that bit and take control.

I was about 12 years old when I learned to ride a horse. It was several years after that experience as I was reading in the book of James that I began to make the connection between controlling a horse with a bit and controlling my life with my tongue. James says we can turn the horse's

whole body with the bit. You see, if I could control the direction of the horse by using a bit, I could control the direction of my life by controlling my tongue with the words I speak.

After talking about horses and bits James goes on to talk about ships and rudders. By now you probably know my next story somehow involves a boat and a rudder. Have you heard the story about how Ann and I learned to sail? This was before Ann and I were married and we were dating at the time. I had taken Ann to the lake for a picnic. I thought, *wouldn't it be fun to go sailing.* The sailboats looked so peaceful and quiet as the sails caught the wind and push them across the lake. I was sure we would have a good time so I asked Ann if she would like to go sailing. She asked me, "Do you know how to operate a sailboat?" I really didn't want to answer that question because I'd never been in a sailboat before. I figured it couldn't be too tough to operate so I said, "It'll be fun, we'll have a good time." Besides, I wanted to impress her. Evidently I was convincing enough that we decided to rent a sailboat. The breeze was nice and calm which made it very easy to get in the boat. So off we went letting the wind take the boat across the lake as we enjoyed the ride. We sailed all the way to the other side of the lake until I saw we were getting very close to shore. I'm thinking, *It's time to turn this boat around and head on back to the dock.* So I'm trying to figure this out. A couple of times the wind caught the sail and we had to duck to keep it from hitting us in the head. I was getting a little nervous. Ann began to realize that I really didn't know how to operate a sailboat. She could

tell I didn't know what I was doing. She asked if she could help. I had to swallow my pride and say, "Yes." We started to work together to come up with a way to turn this boat around using the sail and rudder. By trial and error we discovered even though the wind can be blowing against you, you can use that force and set the rudder to move against the wind. It took both of us to figure it out but we eventually made it back to the dock.

James talks about the rudder on the ship, and how even a little rudder can change the direction of the ship. Ann and I learned this principle that day when we went sailing on the lake. Something else we discovered. Sailboats do not turn on a dime. Sometimes when we drive a car, we talk about turning on a dime. Well, ships don't do that. It takes a little bit of time and pressure against the rudder for the ship to make a turn. Many times, that's the case in our lives when we begin to speak. We have to speak and allow those words to put pressure on our circumstances before we see a change.

There truly is Death and Life in the power of the tongue. So when we talk about living our life and making right decisions, living our life for God, it's very important that we understand how we should be talking and what we should be saying. Trust God, believe God, and get our life going in the right direction. We can speak healthy words, life words, loving words, patient words. There are so many things that we can discover in the Word of God and then release through our mouth. There is Death and Life in the power of the tongue, in the power of words.

The Bible says, “Choose Life.” Every time we open our mouth to speak, we are choosing Life or Death. If we agree with the promises of God and speak those promises – we choose Life. If we choose to believe situations and circumstances that contradict God’s promises, and speak those – we choose Death.

Early in the morning I begin my day by saying, “Thank you Lord for another wonderful day.” Because I am aware of His promises I choose to say this, “He never leaves me and He never forsakes me.” “I know that He meets all my needs.” “No weapon formed against me will prosper”, and on and on with His promises. It’s a wonderful way to live. It comes by choosing “Life” and speaking “Life.”

CHAPTER 12

The Truth is:

Faith In God And His Word Is The Ultimate Way Of Life

Until I realized I could not please God without faith, I began to pursue faith. First, it takes faith to believe in Jesus and accept him as Lord and Savior. Romans 10:9-10 says we must believe.

Rom 10:9-10 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

Heb 11:6 But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

2 Cor 5:7 (For we walk by faith, not by sight:)

2 Cor 4:18 While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

Heb 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

Faith will move mountains, faith will heal bodies, faith will cause you to prosper when there is poverty all around.

The Lord gave me this definition of faith: *“Faith is believing that when you speak God’s Words, they have the power to change your circumstances from the facts of this world to the truth of God’s Word.”*

Saying what already is will not change anything. But, when you begin to speak those things that be not as though they were, you can change everything.



I like this picture of a young man in a ship being guided by Jesus. That's what I've experienced in my life. There have been many times I've felt like I've been out in the ocean on a big ship in the fog. I can't see anything. I don't know where I am or what direction I

should be going. Everything becomes okay when I realize Jesus is there with me. He's been here before and He knows this ocean. If I allow Him to point the way, to help me with every decision I make, everything will be just fine.



(I put this chart on its side intentionally, so it can be read. There is a lot of information on this chart and the text is very small.)

Zones for the soul can be tracked in more than one way.

First, you can tell what zone you are in by thinking about how you are feeling emotionally. Locate yourself by comparing the descriptions in this chart to the way you are feeling. Then look at the zone related to that description. Here is the question. Is that particular zone where you want to be?

Second, the soul is part of your spirit. It will be with you throughout eternity. It is also connected to your physical body through your brain. Your body responds to your thoughts and emotions. Did you know that your mind, will, and emotions can be tracked by a heart monitor?

When you are excited, your heart rate goes up. When you are resting or at peace, your heart rate is at its slowest. For example: You could be sitting perfectly still, no physical activity, but watching an exciting or scary movie and your heart could be racing. (Your emotions are affecting your heart rate.)

This is a true story:

One Thanksgiving Day a mother put heart rate monitors at each place setting at the dining room table. She told everyone who came for her Thanksgiving Day meal to put them on. (In the past her family had gotten very loud and argumentative at the table.) She explained, “We will not start eating until everyone’s heart rate is below 75. She said, “You may have to change your attitude and think different thoughts.” That year, the attitude at the table was much different. Lower heart rates require thoughts of peace.

It is possible to check the attitude of your mind, will, and emotions through your physical heart. There is a connection.

Doctors tell us that stress is one of the biggest factors with our health. What if we could actually track how we are doing with our mind, will, and emotions through a heart rate monitor? We might say we are following after peace. Are we? What is our physical heart telling us? Is it racing or is it actually at rest? Yes, our physical heart can speak. It speaks in beats per minute and it can tell us a lot. It can tell us a lot about our physical body. It can also tell us a lot about our soul - our mind, our will, and our emotions.

This becomes very personal. If we are honest with ourselves, it can be a very effective tool.

The previous 12 chapters told you a lot about renewing your mind to the Word of God. It is #1. It is essential.

My pastor at Rhema Bible Church has said for years, “When the natural and the supernatural come together, it creates an explosive force for God!”

Here are some things to look at in the natural that can help us in the supernatural.

1. Sleep

Getting enough sleep each night is essential to your physical and emotional well-being.

2. Meaningful Relationships

You are hard-wired for love and appreciation. Healthy relationships contribute to healthy minds.

3. In The Word Of God (the Bible)

People who are involved in daily devotions and Bible study do significantly better in a wide range of measures pertaining to physical and emotional well-being.

4. Peaceful Time, Rest

Recovery from your hectic lifestyle is necessary to be able to continue to meet the ongoing challenges of daily life. Lack of rest and recovery can lead to burn-out and illness.

5. Healthy Eating

The food you eat has a direct impact on your energy and metabolic fitness.

6. Meaningful Work

Enjoying your work can enhance your health and happiness, while hating your job is a health risk factor.

7. Finances

The way you relate to money can either give you energy or drain your energy. (The love of money. . .)






Emotional fitness is an important component of your overall health. This is where renewing your mind to the Word of God becomes very practical and essential to your life.

Emotional health can be improved by:

- Daily devotions
- Prayer time
- Knowing who you are in Christ
- Understanding the promises, etc.

Do not neglect time in the Word.

ZONE TRAINING FOR THE BODY

| EFFORT | EFFECT |
|---|--|
| MAXIMUM 90-100%  | Benefits: Helps fit athletes develop speed |
| HARD 80-90%  | Benefits: Increases maximum performance capacity |
| MODERATE 70-80%  | Benefits: Improves aerobic fitness |
| LIGHT 60-70%  | Benefits: Improves basic endurance and fat burning |
| VERY LIGHT 50-60%  | Benefits: Warm up and recovery |

1 Timothy 4:8 says, "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." NLT

In other words physical training is good for this life, but not the next. That's why training for godliness is so much better. But it is this life where we need healthy bodies in order to effectively run our race for the Lord. Physical training will help us complete the task God has for each and every one of us. This verse has been used as an excuse for not exercising when in fact it says the exact opposite.

1. Exercise

Your body is designed to be physically active. Exercise is essential to good health. (The laws of sowing and reaping, giving and receiving, work the same in the natural as in the supernatural.)

2. Activities that bring you joy

Contentment and happiness come from doing what you love. Think of something that you enjoy.

i.e. – walking, running, swimming, biking, calisthenics, rowing, hiking, cross country, Crossfit, gymnastics, skating, etc.

3. Physical health

Too often we take our health for granted until we suffer an injury or illness. Our physical body requires ongoing attention and maintenance. Prevention of injury and illness is far preferable to the treatment of injury or illness.

(I'm a biker. I've discovered it's what I like to do. But this book is not about biking. It's about becoming healthy and heart fit. So whether you walk, run, swim, lift weights, row a boat, or whatever you choose to do, it's all about training the heart and cardiovascular system so you can GO and DO whatever God calls you to.) The rest of this book spells out some things I learned about becoming heart fit in my body.



In February 2019, I received a certificate which certified me as a personal trainer in Heart Zones training. I'm not planning on starting a business or opening a sports club. What I do want to do is share what I have learned about getting healthy and fit. It has changed my life. I have seen many people with a call on their lives to minister for the Lord. Many of those people have a sense of defeat because they believe they cannot physically do or go where they once could. I want to help change that. I want to help get you back on track for the Lord!

I want to thank Sally Edwards and her Heart Zones Training programs for helping me get where I am today.
www.heartzones.com

PRINCIPLE NO. 1
YOUR SNEAKERS ARE FITTED;
YOUR TRAINING SHOULD BE, TOO.

Every fitness plan has the holy ground of principle: “Thou shalt not allow a cookie to cross thine lips”...“Thou shalt run ‘til thou drop”...“Thou shalt suffer pain, then gain.” Heart Fit Training, too, has its principles, but there are only five of them, and they’re decidedly user friendly.

One size doesn’t fit all. Yet we pick up books and magazines or turn on the television, and we see prepackaged programs that are guaranteed to work for everyone, from waif-like super models to gargantuan body-builders. Don’t you think there’s something wrong with this picture?

And what about group exercise – all those aerobic classes or mass bicycle rides? Group exercise, historically, has always been the gold standard. Fill a swimming pool, a workout studio, a stadium or a gym with a group of exercisers and have them follow the leaders. Take an aerobics class – and we all have. Ever notice how the class breaks down into two groups? The ones at the front in the newest outfits – the fittest – compete with the instructor for the crispest move and least body fat; in the back are the ones struggling and

just trying to survive. They're drooling from overwork, sweating like crazy, doing a harder workout because their training load is greater, and struggling to catch up.

Heart Fit Training is individualized training. Success is built around you and your abilities, interests, personality, and other important characteristics, such as body type, genetic makeup, mental stamina, and muscle structure. What works for someone else may not work as well for you. What we want to do is to make Heart Fit Training fit your abilities and goals, because if we don't, success will always be just out of reach.

Each of us is a whole person, with likes and dislikes, with limitations on our time.

Heart Fit Training is a program that is based on your individual fitness levels, your individual interests, your individual history, goals, needs, etc. It's totally about you. It allows you to move at your pace, and to get fit at your rate. Whether you want to accelerate that pace or keep the cruise control set, it's up to you, not the group leader.

The outcomes of individualized training are real and noticeable. Your benefits are based on goals you set and realize. The doer in you does what you enjoy, stimulating your interests. You start at whatever fitness level you're on and watch yourself improve, because you'll be seeing, feeling, touching, watching the

metamorphosis of your body lead to your increased personal power. As for time, one of the greatest benefits of Heart Fit Training is that you'll get more fitness in less time. You can train as little as ten minutes a day and see measurable benefits. Now that's revolutionary!

PRINCIPLE NO. 2

MULTIPLE FIT GIVES MULTIPLE BENEFITS.

Remember all those charts on the walls of aerobics or weight rooms, charts listing our “target heart rate zone”? Good. Now forget them. If we want the individualized benefits of Heart Fit Training, we’re going to forget about that single, set zone and concentrate instead on several smaller, more specific Fit Zones. Why? Because what we want from our training plan are multiple benefits – to be not only leaner, but stronger and healthier.

It’s great to fit into your clothes comfortably, to hear “hey, you look good,” to feel the inner satisfaction of accomplishing something as simple as running up a flight of stairs without breathing hard, to be able to keep up with your friends, and then give them that Cheshire smile that says it was easy.

Furthermore, despite what we might want, we live in a world of constrained time. We’ve all felt the frustration that comes from seeing people who don’t have our time problems giving us advice on health and fitness. The simple fact is that few of us have unlimited time for exercise.

The only way to get the multiple benefits we desire in a realistic, doable amount of time is through an

understanding of the multiple Fit Zones our hearts work through.

Heart Fit Training provides us with multiple benefits because, during the training, we will be exposing ourselves to multiple stimuli. One of the wonders of the human body is its uncanny ability to adapt to whatever stresses we throw at it. This is, of course, a two-edged sword. If the stresses we expose our bodies to are watching television and eating chips, we become very good at spectating and getting fat! But if we expose the muscular system to resistance training, it adapts into this stronger model.

PRINCIPLE NO. 3
YOU MANAGE BEST WHAT YOU CAN
MEASURE AND MONITOR

This simple statement has become a mantra for American business over the last few years, and it needs to be a personal mantra for every one of us. Why? Think about it; many of our so-called “failures” in diets and exercise programs stem from our inability to accurately monitor the changes we hope are taking place. The classic example, of course, is starting a training program to build muscle and using only our bathroom scales as the yardstick of success or failure. Muscle mass weighs more than fat, so even though the program may be succeeding – our clothing getting looser and looser, our bodies feeling stronger and stronger – our monitoring device tells us to “forget it” you’re gaining weight!

Given the number of things in our lives that are neither controllable nor measurable, it’s surprising that Heart Fit Training is both. You control it and you measure it.

The preferred tool for measuring and monitoring progress in Heart Fit Training is the heart rate monitor. With the use of this wireless device, you can continuously and instantaneously have information about your performance and your results. With this information and the intelligent interpretation of the information, you can have a level of control that just a

few years ago was available to only the most elite athletes. A heart rate monitor-based program measures and monitors your ongoing exercise experiences. A heart rate monitor is, quite simply, the most powerful fitness and health tool available on the market today. It's your personal power tool.

Can you do Heart Fit Training without a heart rate monitor? Yes, you can, although it will be considerably more difficult – and subject to more error. If you don't have a heart rate monitor, watch closely for the hints and directions on manual monitoring and on other forms of heart rate testing we've included to guide you along the way.

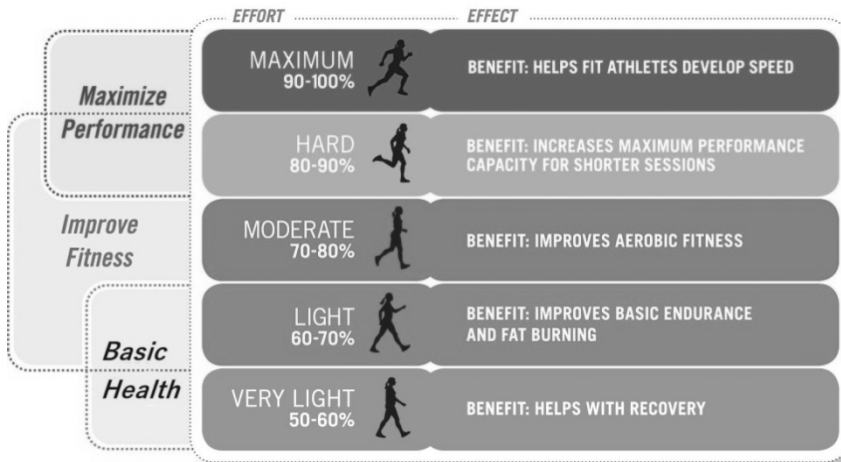
The heart rate data that you're monitoring and measuring are the contractions of your heart muscle, measured in beats per minute. There are several important heart rate numbers, such as resting heart rate, ambient heart rate (also known as sitting heart rate) and maximum heart rate.

And, unlike the pronouncements of those old-fashioned heart rate charts, your maximum heart rate point does not necessarily decrease with age. This myth and other discredited beliefs are coming up – hold on because HFT is a new way to cardio-train.

(I'm really excited about this because I know what it has done for me.)

PRINCIPLE NO. 4

WELLNESS IS A CONTINUUM.



The first component of wellness is one’s basic (but not so basic when it’s lacking!) **health**. For most of us, this is the key training area, because here we achieve the most essential health outcomes, such as weight management, lower cholesterol levels, and lower blood pressure. Training in the health area is usually at an easier activity level, where more fat as a percentage of total calories are burned. This is also the training area for those recovering from cardiovascular problems and undertaking cardiac rehabilitation. The two primary training zones in this area are the Very Light and Light zones. Also known as Basic Health Zones.

The second component of aerobic wellness is fitness. When you’re in this area, you’re maintaining and

improving your fitness, but this is measured by different parameters than it was in the health area. Aerobic fitness is measured as cardiovascular fitness, which is improved aerobic and non-oxidative capacity. The exercise physiologists have lots of more precise terms for the fitness area: lactate tolerance enhancement, increased VO₂ capacity, improved threshold heart rate, etc, etc. It suffices to say you can exercise harder or with more intensity than you could in the health area. Training in the fitness zone is strenuous but fun, challenging yet comfortable, and you can see body changes quicker than changes in the more basic health outcomes. This area is the Improve Fitness area.

The third component in our wellness continuum is performance. This is where the athletes hang out, exercising with high heart rate numbers – all the way up to their max. The feeling is much different; you breathe hard and fast, you feel the burn in the sport-specific muscles, you see the blood vessels emerging to release heat, sometimes you even have a faint metal taste in your mouth from the anaerobic metabolic processes spewing out with high concentrations of lactates.

There are three different Wellness zones within the Heart Fit training system which are a part of the five different zones. In the chart, at the beginning of this principle, you can see how the Basic Health zone is within the bottom of the chart, while the Improve Fitness zone is in the middle and the Maximize

Performance for athletes and competitors are the hotter and higher Fit zones.

When you begin your individualized Heart Fit Training, you select which of these wellness areas you want to work in on any given day. That depends on the goal of your exercise regimen.

Do you want?

1. to improve your health, by lowering blood pressure and cholesterol levels and seeing weight loss and stability?
2. to improve your fitness, as measured by improving your cardiovascular capacity?
3. to improve your athletic performance, by raising your threshold as close as possible to your maximum heart rate?

Once you pick the one that suits you, then you know where you are going to spend time in the Heart Fit.

(When beginning this Heart Zones training you should safely begin in the Healthy Heart zones.)

PRINCIPLE NO. 5

IT IS A SYSTEM.

Once you pick the one that suits you, then you know where you are going to spend time in the heart zones.

Yes, we guarantee that Heart Fit Training will work for you, but maybe we'd better throw another old saying into the mix: "There's no such thing as a free lunch." You are going to have to work the plan to make the plan work for you.

Don't forget that you have a "secret weapon" on your side. It's called the Word and the Call. You are here for a purpose. You are here to run your race for the Lord. You are a spirit, you live in a body, and you possess a soul (your mind, your will, and your emotions.) As you continue in the Word, with purpose, you will develop the spiritual and mental strength to tell your body what it has to do to become stronger. You also have a heart monitor so you can actually track the progress of your mind and body.

This system permits you to effectively integrate the different parts of your lifestyle. Fit Training encourages you to see yourself as a whole person. You are becoming stronger in spirit, soul, and now finally body.

Balance – that is the secret of Heart Fit Training. With these five points, you can make Heart Fit Training a fitness lifestyle. The lifestyle offered here can take you to new levels of health, fitness, and running your race for the Lord. For those of us who live the lifestyle, it offers a deep feeling of fulfillment and happiness. It has given me the ability to “run my race” like never before.

CALCULATING MAXIMUM HEART RATE

Back in the 70s, I remember calculating my heart rate max. I used the formula 220 minus my age and then operated at approximately 80% of that. I guess at a younger age I was able to operate with those numbers. But it's really not a valid method of calculating your heart max.

Heart max is actually the maximum number your heart can beat per minute. It is a personal number and it is sports specific. I have been at my heart rate max more than once and for biking it is 185 beats per minute. (Not something anyone should attempt if you're not fit.)

I have provided 3 submax heart rate tests that can be used to ballpark your maximum heart rate to get started.

You can calculate heart rate numbers from these tests. Then average the results in order to calculate your ballpark maximum heart rate. This maximum heart rate number will be the anchor point which will allow you to establish your training zones.

(If you have any questions about your ability to take these tests please contact your physician.)

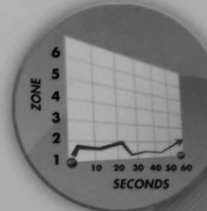
1 MINUTE CHAIR TEST



1-MINUTE CHAIR Sub Max Test[®]

Maximum heart rate and peak heart rate are different. Peak heart rate is the highest heart rate number during an exercise period.

- STEP 1** Warm up adequately for 5-10 minutes.
- STEP 2** Using a sturdy chair, stand up and sit down rhythmically 30 times in one minute, or up each second and down each second.
- STEP 3** Watch your heart rate monitor as your heart rate increases and note your peak heart rate, your highest heart rate.
- STEP 4** Add to your peak heart rate number, your fitness factor based on your current fitness level.



| CURRENT FITNESS LEVEL | POOR | AVERAGE | EXCELLENT | ATHLETE |
|-----------------------|------|---------|-----------|---------|
| FITNESS FACTOR | +40 | +50 | +60 | +70 |

- STEP 5** The sum of your chair peak heart rate plus your fitness factor is the estimate of your maximum heart rate.

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AND COACHING COMPANY USA
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1-MINUTE CHAIR Sub Max Test[®]

Using the table below, add the number that best corresponds to your current fitness level to estimate your maximum heart rate.

| CURRENT FITNESS LEVEL | POOR SHAPE | AVERAGE SHAPE | EXCELLENT SHAPE | FIT ATHLETE |
|------------------------------|-------------|---------------|-----------------|-------------|
| FITNESS FACTOR | 40 BPM | 50 BPM | 60 BPM | 70 BPM |
| YOUR PEAK HEART RATE | + _____ BPM | + _____ BPM | + _____ BPM | + _____ BPM |
| ESTIMATED MAXIMUM HEART RATE | _____ BPM | _____ BPM | _____ BPM | _____ BPM |

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3 MINUTE STEP TEST



3-MINUTE STEP Sub Max Test[®]

By definition, a sub-max test is an assessment that is used to estimate maximum heart rate. Maximum heart rate is the fastest that your heart rate can beat in one minute (bpm).

STEP 1

Warm up adequately for 5-10 minutes.

STEP 2

On any step that is 8-12 inches in height begin a four-count sequence of stepping up and down as follows: right foot up, left up, right down, left down.

STEP 3

Perform 30 steps per minute in the sequence up, up, down, down, for 3-minutes.

STEP 4

Write down your peak heart rate at the end of the last minute.

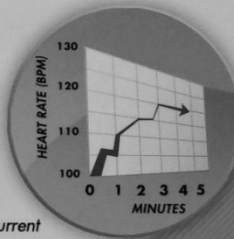
STEP 5

Add this peak heart rate number to your fitness factor based on your current fitness level selecting one of the four fitness levels:

| CURRENT FITNESS | POOR | AVERAGE | EXCELLENT | ATHLETE |
|-----------------|------|---------|-----------|---------|
| FITNESS FACTOR | +55 | +65 | +75 | +85 |

STEP 6

The sum of your step test peak heart rate plus your fitness factor is the estimate of your maximum heart rate.



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3-MINUTE STEP Sub Max Test[®]

Using the table below, add the number that best corresponds to your current fitness level.

| CURRENT FITNESS LEVEL | POOR SHAPE | AVERAGE SHAPE | EXCELLENT SHAPE | FIT ATHLETE |
|-------------------------------------|---------------|---------------|-----------------|---------------|
| FITNESS FACTOR | 55 BPM | 65 BPM | 75 BPM | 85 BPM |
| YOUR PEAK HEART RATE | + _____ BPM | + _____ BPM | + _____ BPM | + _____ BPM |
| ESTIMATED MAXIMUM HEART RATE | _____ BPM | _____ BPM | _____ BPM | _____ BPM |

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5 MINUTE WALK TEST

5-MINUTE WALK Sub Max Test[®]

Measuring your maximum heart rate accurately is important because it is the anchor point used to set each of your five heart zones.

STEP 1

Warm up adequately for 5-10 minutes.

STEP 2

At a track or on a treadmill, walk briskly and with an even tempo for 5-minutes. Use a normal and comfortable walking style.

STEP 3

Write down your peak heart rate at the end of your 5-minute walk.

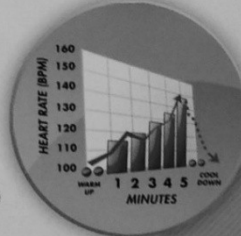
STEP 4

Add to your peak heart rate number, your fitness factor based on your current fitness level selecting one of the four fitness levels:

| CURRENT FITNESS | POOR | AVERAGE | EXCELLENT | ATHLETE |
|-----------------|------|---------|-----------|---------|
| FITNESS FACTOR | +40 | +50 | +60 | +70 |

STEP 5

The sum of your 5-minute walk peak heart rate plus your fitness factor is the estimate of your maximum heart rate.



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5-MINUTE WALK Sub Max Test[®]

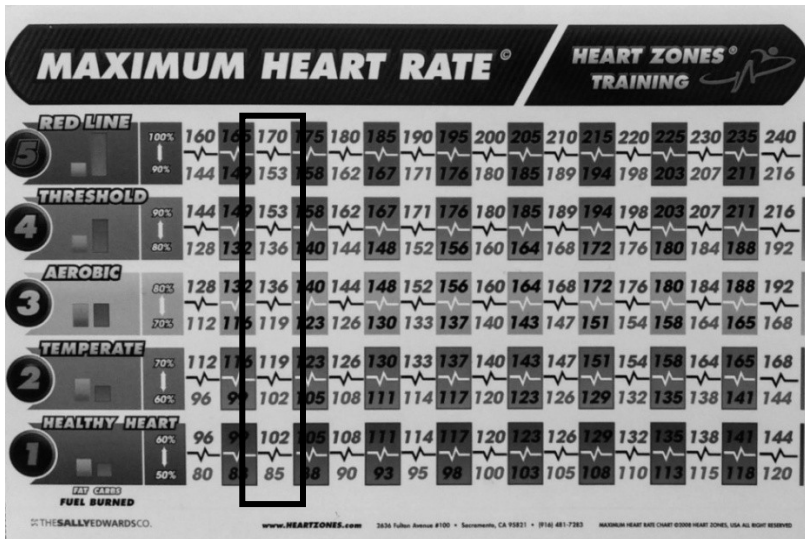
Using the table below, add the number that best corresponds to your current fitness level.

| CURRENT FITNESS LEVEL | POOR SHAPE | AVERAGE SHAPE | EXCELLENT SHAPE | FIT ATHLETE |
|-------------------------------------|--------------------|--------------------|--------------------|--------------------|
| FITNESS FACTOR | 40 BPM | 50 BPM | 60 BPM | 70 BPM |
| YOUR PEAK HEART RATE | + _____ BPM | + _____ BPM | + _____ BPM | + _____ BPM |
| ESTIMATED MAXIMUM HEART RATE | BPM | BPM | BPM | BPM |

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ESTABLISHING YOUR ZONES



Once you have established your approximate max heart rate number, you can use this chart to see your Heart Zones. The very top line of numbers are heart rate max numbers.

For example: Say my maximum heart rate is 173. I look across the top line and find the number or use the number that would be just rounded down from 173 which is 170. If I look up and down that column I will find my zones.

- Zone 1 = 85 to 102
- Zone 2 = 102 to 119
- Zone 3 = 119 to 136
- Zone 4 = 136 to 153
- Zone 5 = 153 to 170

HEART RATE ZONE 1 50-60% OF HRMAX

VERY LIGHT

**HEALTHY HEART: ENDURANCE,
IMPROVED SELF-ESTEEM, STRESS REDUCTION,
BLOOD CHEMISTRY IMPROVED**

Healthy Heart Zone

The healthy heart rate zone is 50 percent to 60 percent of your maximum heart rate. This is an easy and comfortable zone to exercise in. This is where you become cardiovascular healthy. You will be able to carry on a full conversation in this zone, although you may be breathing a little heavier than usual.

Your workout in this zone is not intense. Studies have shown that zone 1 works to help decrease body fat, blood pressure, and cholesterol.

In this zone, the body derives its energy by burning 10 percent carbohydrates, 5 percent protein, and 85 percent fat. Walkers are often in this zone unless they press themselves to walk faster.

This is the starting point of any training program. Base training is slow, easy, and fun. This is the same as basic

training. The purpose of spending time in the bottom zones is to develop your cardiovascular endurance to the point that you can easily sustain a workout without a great deal of fatigue and muscle soreness. The base endurance branch is a great place to hang out because it's easy and relaxing with no pressure – just simply time in the low zone.

(To train at this intensity, pick sports during which you can easily control your heart rate, such as walking or cycling.)

Frequency per week: 3-5 workouts *

Time: 15-30 minutes per workout**

Benefits: Comfortable, sustained, steady-state exercise

HEART RATE ZONE 2 60-70% OF HRMAX

LIGHT

**FIT HEART: STRENGTH,
IMPROVED FAT MOBILIZATION,
BASIC CARDIO TRAINING**

Fitness Heart Rate Zone

The fitness heart rate zone is from 60 percent to 70 percent of your maximum heart rate. This is the next level of the moderate-intensity exercise. You will be breathing heavier but will still be able to speak in short sentences. You burn more calories per minute than in the Very Light heart zone because the exercise is a little more intense. You are going faster and therefore covering more distance. This is where you become cardiovascular fit. The calories you burn depend on the distance you cover and your weight more than any other factors. In this zone, your body fuels itself with 85 percent fat, 5 percent protein, and 10 percent carbohydrate.

You get the same health benefits and fat-burning benefits as the healthy heart zone. An example of a workout in this zone is a brisk walking workout.

It's time to add that all-important exercise stimulus: resistance training. Following many of the same principles that weight lifters use, athletes stimulate muscle power by applying appropriate resistance stimuli to the specific activity they are training for. That is, it is known that if you “overload” the specific muscle by repeatedly asking it to work at higher levels of workload, usually at a slower rate, the muscle responds by getting stronger. Favorite examples of resistance training are stairs – use office buildings, bleachers, and stair machines at the club or hill intervals. The ability to climb hills is a specific stimulus that leads to increased speed and strength.

Frequency: 2 workouts per week

Time: 20-60 minutes

Benefits: Sport-specific muscle strength

HEART RATE ZONE 3 70-80% OF HRMAX

MODERATE

GET FITTER: SPEED

IMPROVED AEROBIC CAPACITY,
OPTIMAL CARDIOVASCULAR TRAINING

Aerobic Heart Rate Zone

The aerobic heart rate zone is from 70 percent to 80 percent of your maximum heart rate. You are now in the vigorous-intensity zone. You will be breathing hard and able only to speak in short phrases.

This is the zone to aim for when training for endurance. It spurs your body to improve your circulatory system by building new blood vessels and increases your heart and lung capacity. Aiming for 20 to 60 minutes in this zone is believed to give the best fitness training benefits.

In the aerobic zone, you burn 50 percent of your calories from fat, 50 percent from carbohydrate, and less than 1 percent from protein. With the increase in intensity, you burn more calories in the same amount of time, as you are covering more distance in that same time. The calories you burn depend most on distance and your

weight. If you go farther in the same amount of time, you burn more calories per minute.

You would typically be in this zone by running or cycling, but you could achieve it by race walking or walking fast for an aerobic walking workout.

Frequency: 2-3 workouts plus endurance and strength workouts

Time: 20-60 minutes

Benefits: Improved speed, lactic acid removal and glucose fuel utilization.

HEART RATE ZONE 4: 80-90% OF HRMAX

HARD

GET FASTER: SPEED

IMPROVED ANAEROBIC CAPACITY

This is strictly for the athlete who has spent many hours in the lower zones and has become very fit. The only reason I am including these last 2 zones is for your knowledge of all 5 zones.

The last 3 zones: Moderate, Hard, and Maximum are not necessary for good health. These are for athletes.

Anaerobic Zone (Threshold Zone)

The anaerobic heart rate zone is 80 percent to 90 percent of your maximum heart rate. You will be unable to speak except a single, gasped word at a time.

This intense exercise will improve the amount of oxygen you can consume—your VO₂ maximum. This exertion level takes you to the limit where your body begins to produce lactic acid. Runners, cyclists, and race-walkers use this zone to build their ability to go even faster.

Workouts in this heart rate zone should be in the 10-20 minute range or part of an interval training workout.

You burn more calories per minute than with the lower heart rate workouts, as you are covering more distance per minute. The body burns 85 percent carbohydrates, 15 percent fat and less than 1 percent protein in this zone.

This period of training is a favorite for many athletes. The peaking phase is the time when you put all of the other branches together into one: endurance, strength, and intervals.

It is the variety branch. It is the time when you are incredibly fit and loving it. It's the time when you get to experience all of the physical Heart Fit. It's a precision training period. It's high intensity, its resistance training, it's growing endurance, its recovery workouts, it's incredibly challenging. And through all of it, it is a period of listening to your body, because it's during these weeks that overtraining most frequently occurs.

Frequency: 6-7 workouts (e.g.: 2 endurance, 2 interval, 2 strength, 1 recovery)

Time: 30-120+ minutes

Heart Fit: All

Benefits: Putting it all together to optimize high-performance fitness

HEART RATE ZONE 5: 90-100% OF HRMAX

MAXIMUM GET FASTEST: RACING IMPROVED LACTATE TOLERANCE

Red-Line Zone

The top zone is from 90 percent to 100 percent of your maximum heart rate. You can't go any higher, and most people can't stay in this zone for more than a few minutes. You will be unable to speak except for gasping single words.

This zone should only be used for short bursts during interval training, where you work intensely for a minute and then drop back down to a lower intensity for several minutes, and repeat.

While you burn lots of calories per minute in this zone, 90 percent of them are carbohydrates, 10 percent fats, and less than 1 percent protein.

You should consult with your doctor to ensure you can work out at such a high heart rate safely.

RECOVERY:

THE TRUNK, NOT A BRANCH

(This is another area for the athlete.)

Recovery period is one of the least understood and appreciated parts of the training tree, yet it is a critical part of your training phases or periods. (This recovery period is not to be confused with weekly recovery days where you may workout 5 days a week and recover for 2 days. It is also not to be confused with the short periods of recovery you may take in between sprints or reps.) The recovery period does not consist of “junk workouts” or time just spent in a low zone. Rather, it is a period in your annual training schedule when it is time to take a break while still maintaining fitness. Some athletes choose to develop a training plan with a recovery period in the “off season.” In this cycling of workouts, a recovery period is critical to allow the body a long period of rest (up to 4-8 weeks) to recover from the rigors of high-intensity training regimens. All recovery workouts are in the two lower zones with an infrequent lower Aerobic zone workout. The benefit is recuperative in all ways from intramuscular to emotional rest.

Frequency: 4-6

Time: 15 minutes – 1 hour

Heart Fit: Zone 1 - 2

Benefits: Rest and to regain energy.

TIME TO GET MOVING:

Ok, here is a very simple and cost effective way to get started with Heart Fit: for the body.

Heart Rate Monitors and Receivers.

There are several types of heart rate monitors you can use. I wear a chest strap monitor – (*CooSpo Fitness Tracker Ant+ Bluetooth Heart Rate Monitor Chest Strap.*) I found this on Amazon and as of this writing less than \$30. (This is not an endorsement for Amazon. You may be able to find it elsewhere.)

(There are wrist monitors, arm monitors, and chest monitors.)

It's good to get one that is both:

- blue tooth
- ant+

These are two different methods of wireless linking to your receiver. The monitor is what will be strapped to your body to sense your heart rate. This device will transmit that information to a receiver. This could be your cell phone, laptop, or bike computer.

The easiest and least expensive receiver is your existing smart phone. “Wahoo” is a large fitness company that provides a free app for either iphone or android. This app can connect your heart rate monitor wirelessly to

your phone. Then you can merely carry your phone to track your heart rate. For more information, your local sporting goods store or bike shop would be a good source.

Once you have the equipment, think about starting your physical training. If you have taken the maximum heart rate tests in this book, you can look at the charts and see where your zones are. Remember you are training your heart and cardiovascular system, so it doesn't matter what type of exercise you chose as long as it raises the level of your heart rate. Bring your heart rate to the middle of zone 1 for 10 minutes. That's it for the day. It doesn't have to be the same exercise every day. Whatever you want to do that raises the level of your heart rate. Do this 3 to 5 time a week for a month. The second month increase the time to 15 minutes, more if you feel comfortable. Then begin raising your heart rate to the middle of zone 2. If you want to be healthy you never have to go beyond zone 2. If you'd like to get fit you can eventually go to zone 3. Eventually, 10 to 30 minutes per day and 3 to 5 days per week will do it. I'm a biker. When I ride it can be for hours at a time, but I usually only ride 3 times per week. The most important thing is to find something you enjoy doing. (If you don't enjoy it you will probably quit.)

Once again I would remind you; if you have any hesitation to begin this type of exercise, please consult your physician.

Remember **HEART FIT: SPIRIT, SOUL, AND BODY** is all about fine tuning you in every area of your life. Then you can say, “God, I can go wherever you want me to go, and I can do whatever you want me to do!”

**Complete The Goal:
Run your race and
be the best “YOU” you can be.**