

# STAYING FIT

Long Ee and Silent Aa as in "EAT" Word Family Words



Written and Illustrated by the Lord Jesus Christ

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### Psalm 115:1

"<sup>1</sup> Not to us, LORD, not to us  
but to your name be the glory,  
because of your love and faithfulness." (NIV)

**God Presents:**

**"STAYING FIT"**

**Long Ee and Silent Aa as in "EAT"  
Word Family Words**

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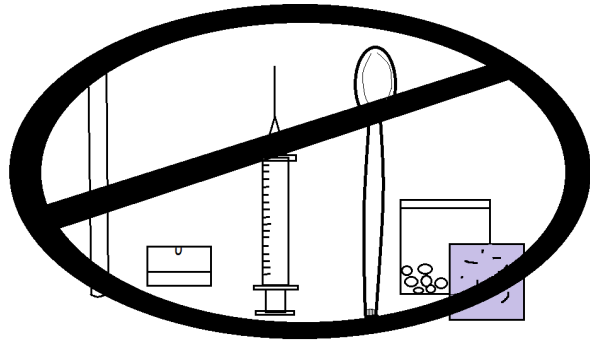
**Put God FIRST through worship and reading His Word to be in tune with His heartbeat.**



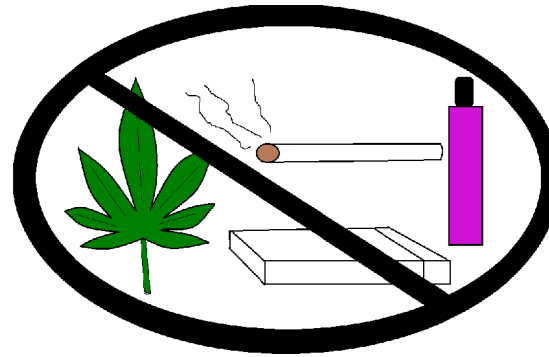
**Exercise your faith through fasting and prayer to put the Anti-Christ under your feet!**



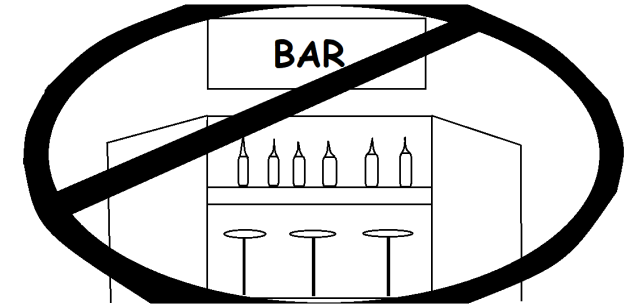
**Your body is a temple for the Lord!  
It's something you cannot mistreat!**



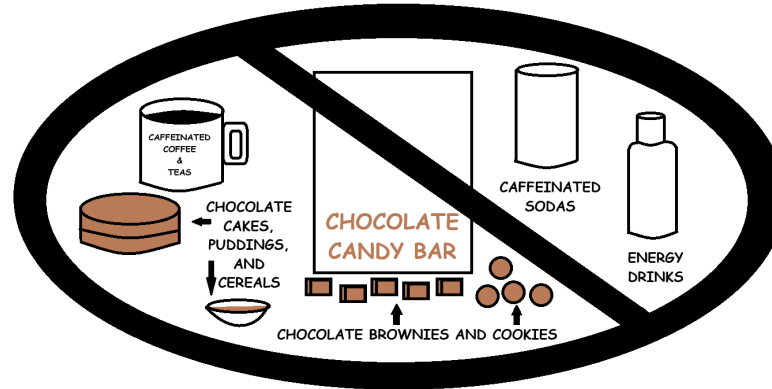
**NO DRUGS**



**NO SMOKING, NO MARIJUANA,  
NO VAPING**

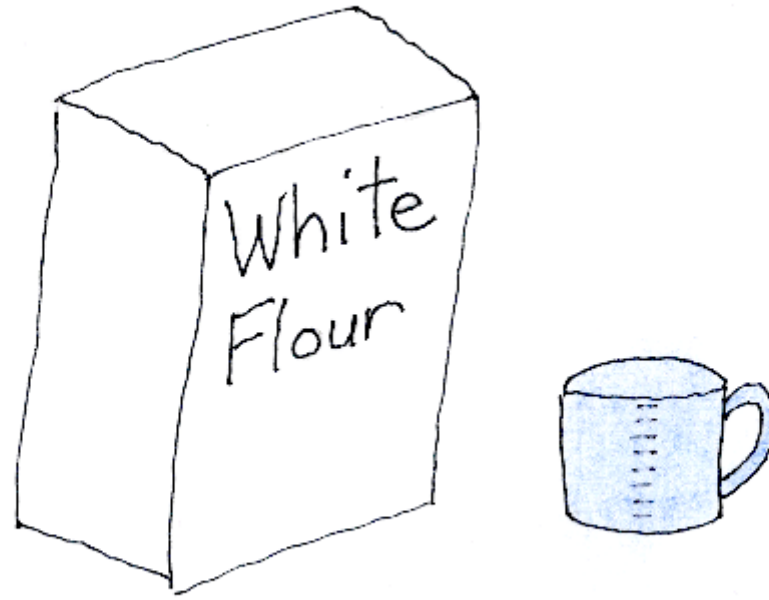


**NO DRINKING  
ALCOHOL**



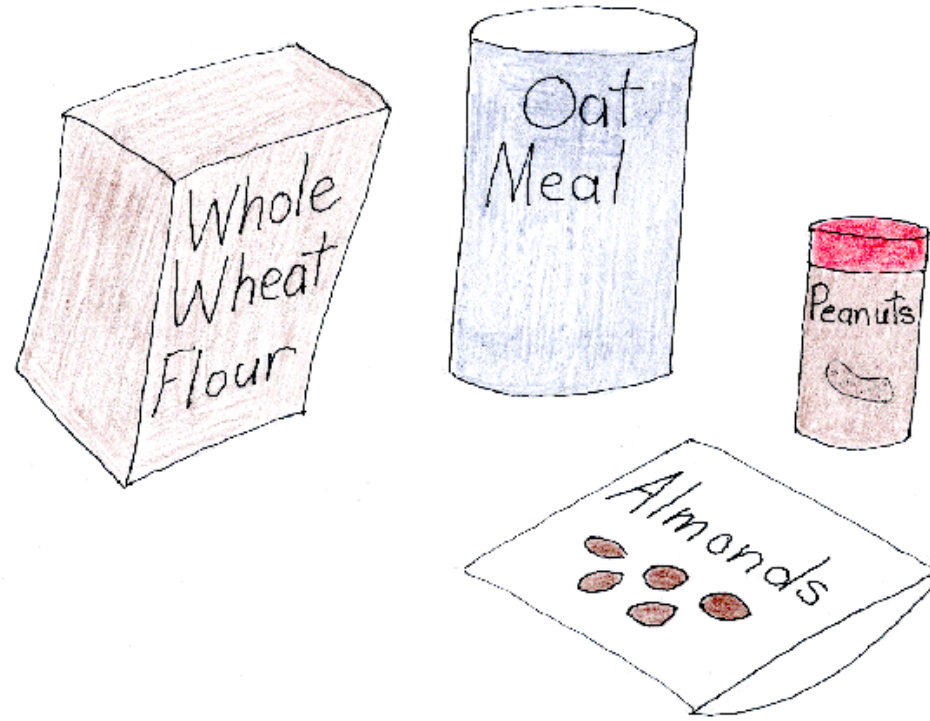
**NO CAFFEINE IN FOOD, CANDY, OR DRINKS**

**Drugs, Tobacco, Alcohol,  
Caffeine, and EVERY FORM OF  
SIN - MUST RETREAT!**

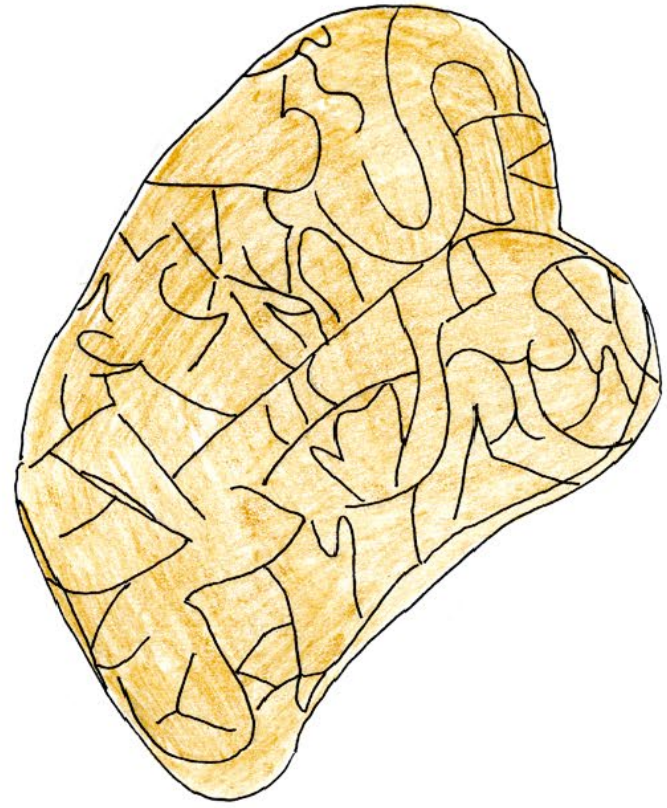
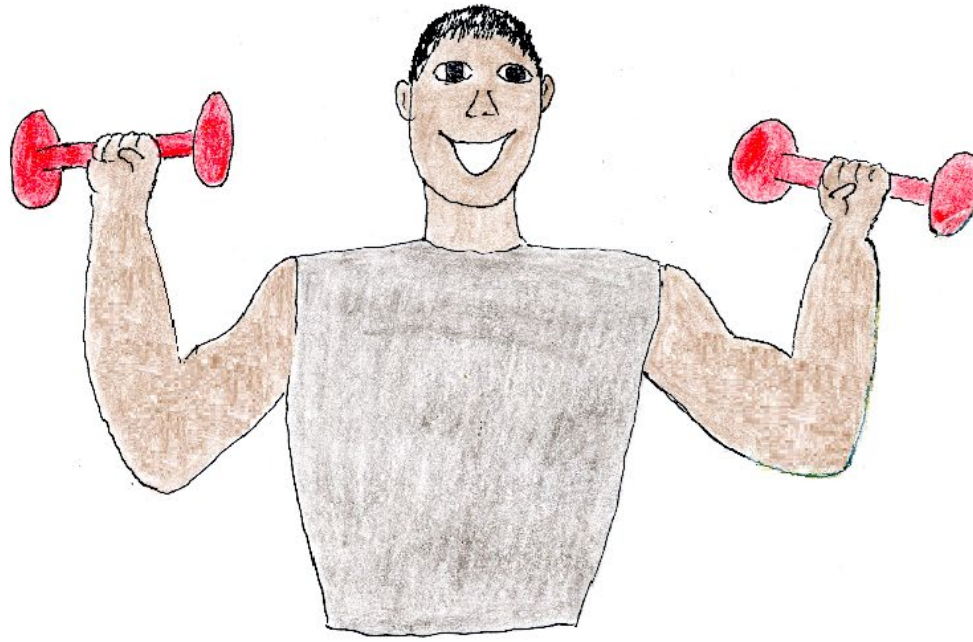


**White flour is just like paste -  
the more you eat it  
the more it sticks to your backside and  
waist.**

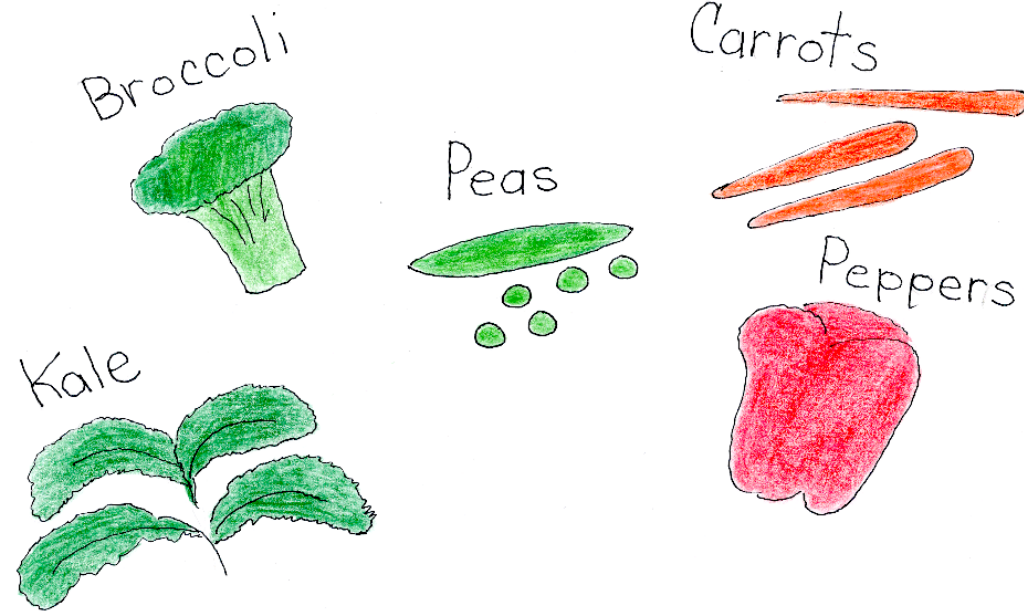




**Whole grains and nuts are better...**

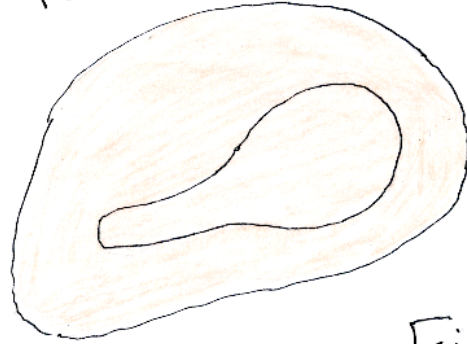


**if you want your body and brain  
to work together.**

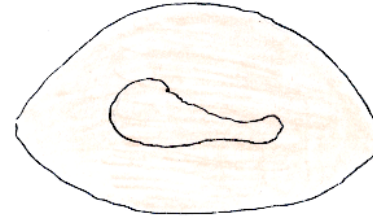


**Veggies are always great,  
if you want to stay trim and upbeat.**

Turkey



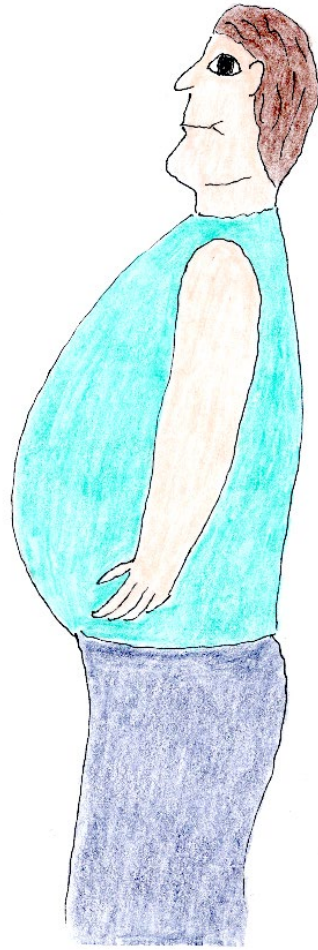
Chicken



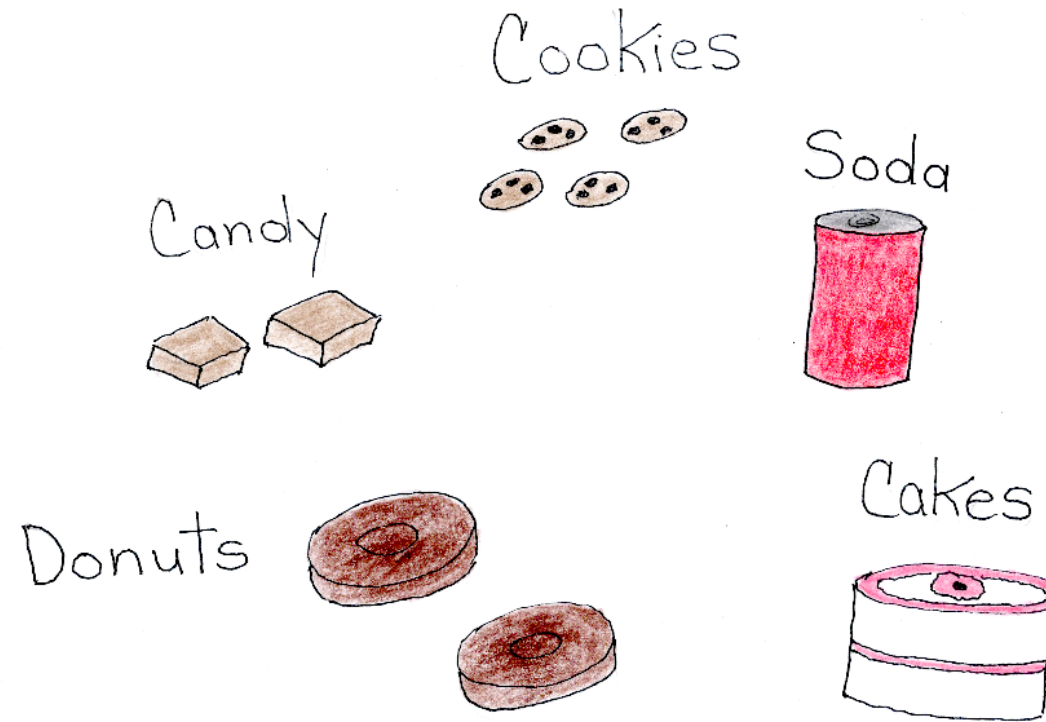
Fish



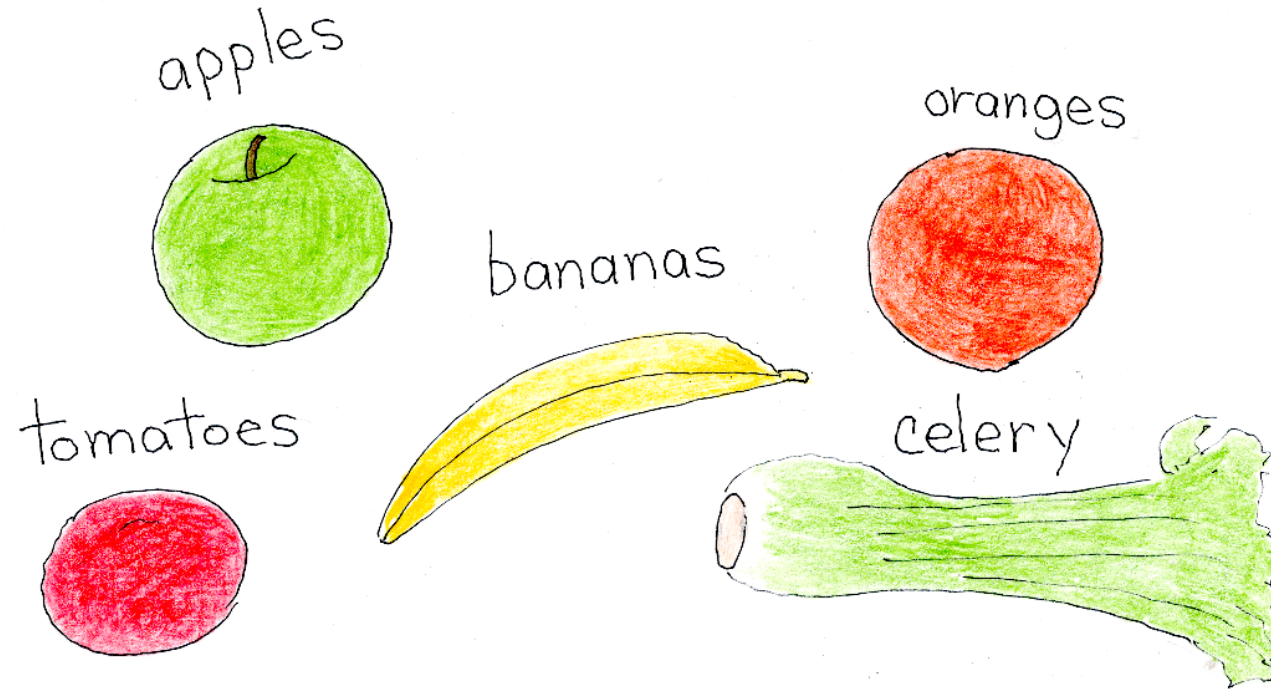
**You'll also improve your heart rate,  
if you eat lean meat.**



**Don't overeat.  
Gluttony is a sin.**



**Limit that sugary treat.  
If you do, you will stay nice and thin.**



**Eat more fruits and veggies and you will  
surely defeat,  
sickness and disease - your enemies.**



**Exercise too and daily repeat!**



## Long Ee Sound and Silent Aa as in "EAT" Word Family Words

eat

beat

feat

heat

meat

neat

peat

seat

bleat

cleat

pleat

treat

wheat

defeat

reheat

repeat

upbeat

entreat

overeat

preheat

retreat

downbeat

heartbeat

Lord Jesus the Christ,

I've made so many mistakes I must confess.

I repent of them now and turn from them.

I no longer want that mess.

Lord Jesus, I believe you are the Son of God  
and believe in your resurrection.

I want to be a child of God  
and receive your love and affection.

Lord Jesus the Christ be my Savior.

Come into my heart.

Cleanse me now of all unrighteousness  
and give me a brand-new start.

I ask for the baptism of the Holy Spirit.  
and the baptism by Holy fire too.

I WANT to be changed and to do the RIGHT things

I need help from you.

Please help me to read, write, and do my math.

I want to start learning today.

I want my life to take a turn  
and start in a whole new way.

Thank you, Lord Jesus, for helping me to learn.

I KNOW you can help make my ability,

greater than anyone ever imagined

and bring back my self-respect and dignity.

I ask this in the name of the Lord Jesus the  
Christ.

I say "Amen" and make it sure.

Now I'll start learning the RIGHT way.

I KNOW Lord Jesus, YOU are the door.

AMEN!

What should you do now as a new Christian?

You should also be baptized by immersion, meaning that you're dunked totally under the water, you are dunked and brought right back up, that's the way Christ was baptized.

He said we're supposed to follow HIS example and be baptized in the name of the Father, the Son - the Lord Jesus Christ, and the Holy Spirit.

He told us what to do.

So, be baptized by immersion and then ask the Lord where you should be going to church.

What is the church that He would like you to go to?

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