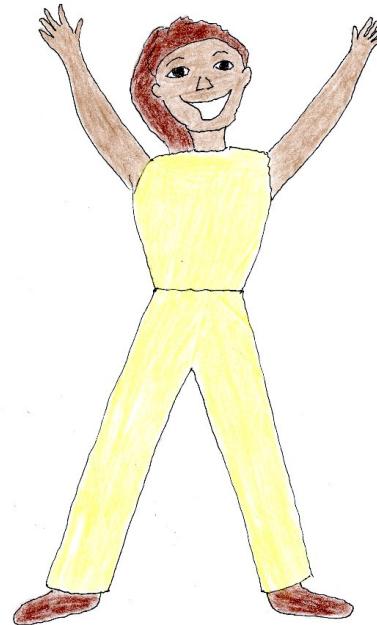


STAYING FIT

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



Written and Illustrated by the Lord Jesus Christ

**Prophet-Pastor Anita Hiltz©2025
All Rights Reserved Worldwide**

I give ALL of the glory to my Father God, the Lord Jesus Christ, and the Holy Spirit for the collection of books which He has written and for the illustrations and lessons He has created - ALL of which would not have been possible without Him. He instructed me to put the copyright in my name and I have obeyed. God's Loving World Ministries™ is a Christian Literacy organization whose mission is to teach remedial reading, writing, math, and English to English as a Second Language Learners FOR FREE.

Psalm 115:1

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

God Presents:

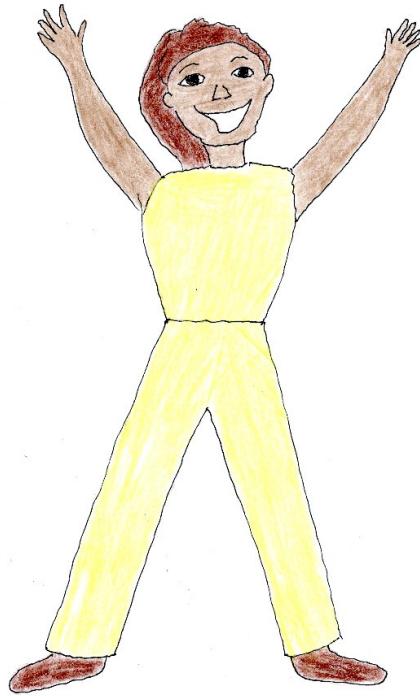
"STAYING FIT"

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

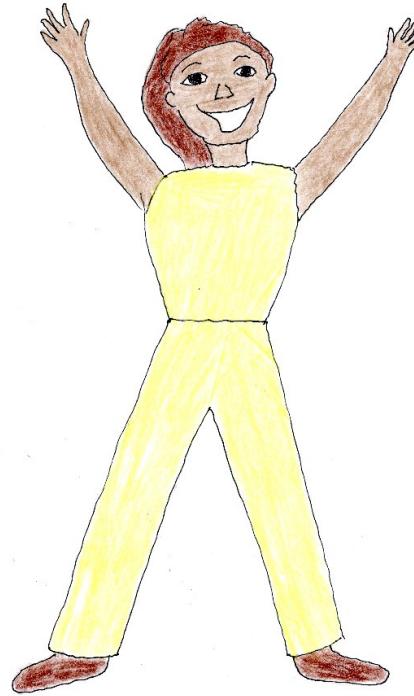
**Prophet-Pastor Anita Hiltz©2025 All Rights
Reserved Worldwide**



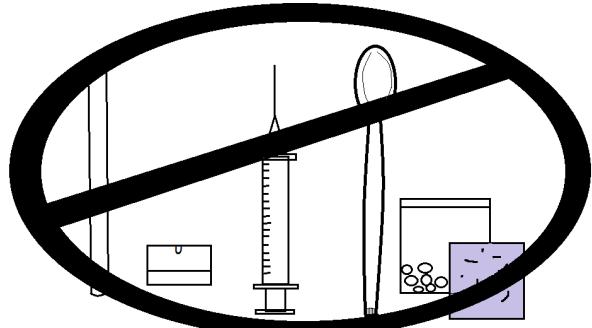
**Put God FIRST through worship and
reading His Word to be in tune with His
heartbeat.**



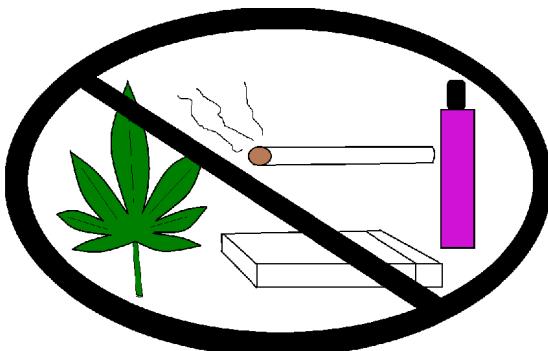
**Exercise your faith through fasting and
prayer to put the Anti-Christ under your
feet!**



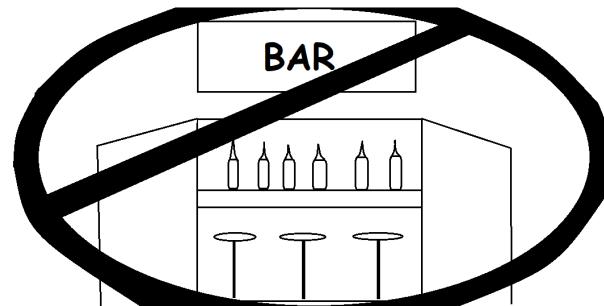
**Your body is a temple for the Lord!
It's something you cannot mistreat!**



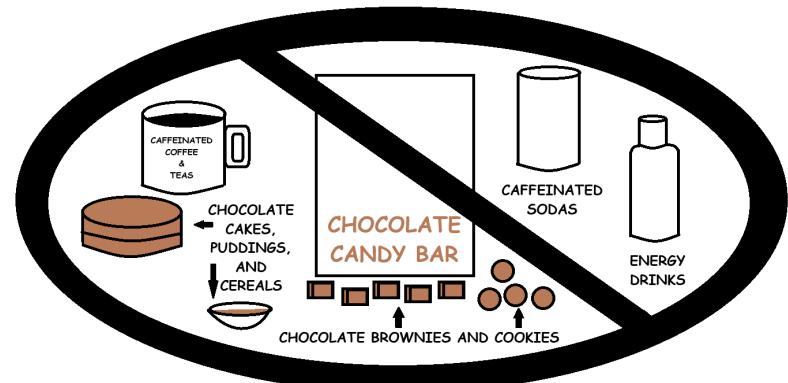
NO DRUGS



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

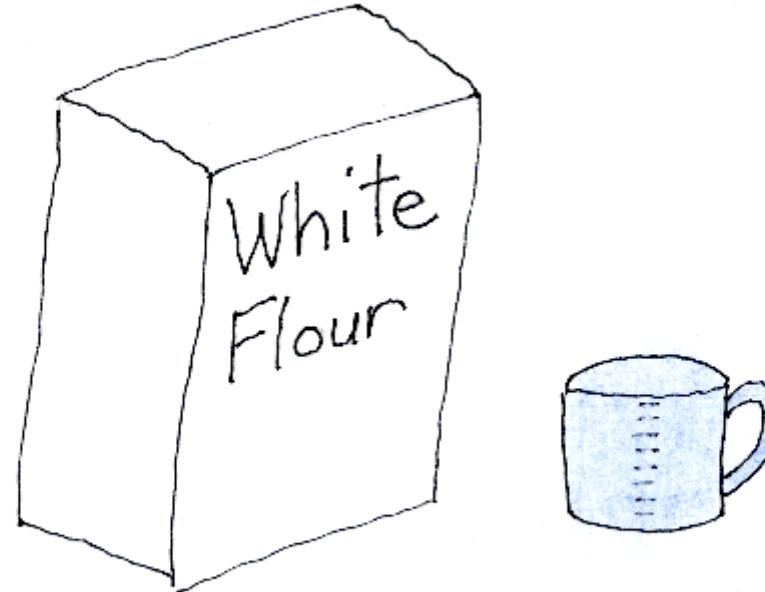


**NO DRINKING
ALCOHOL**

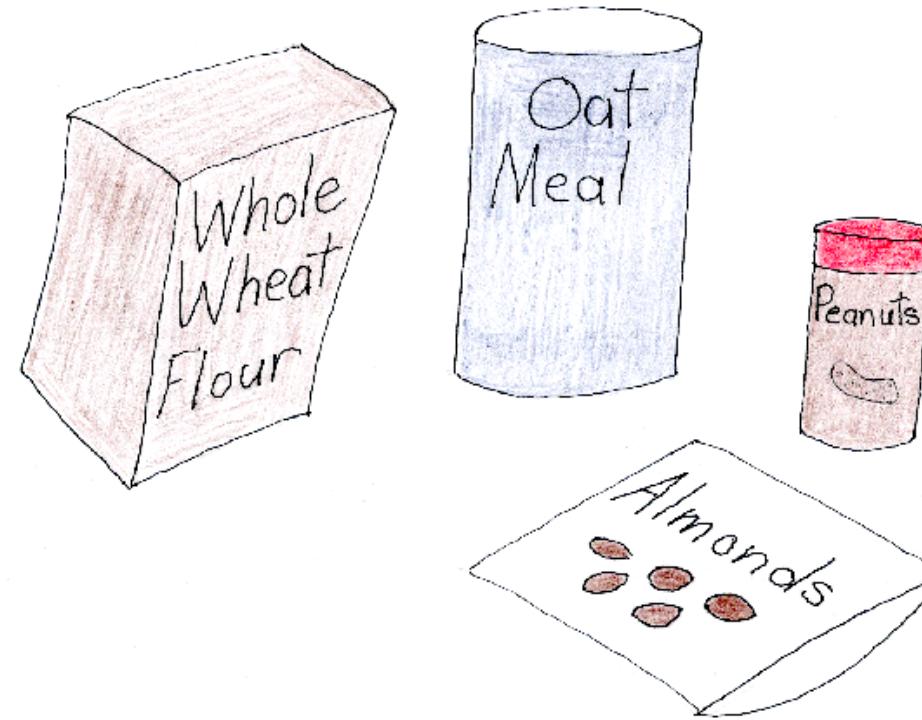


NO CAFFEINE IN FOOD, CANDY, OR DRINKS

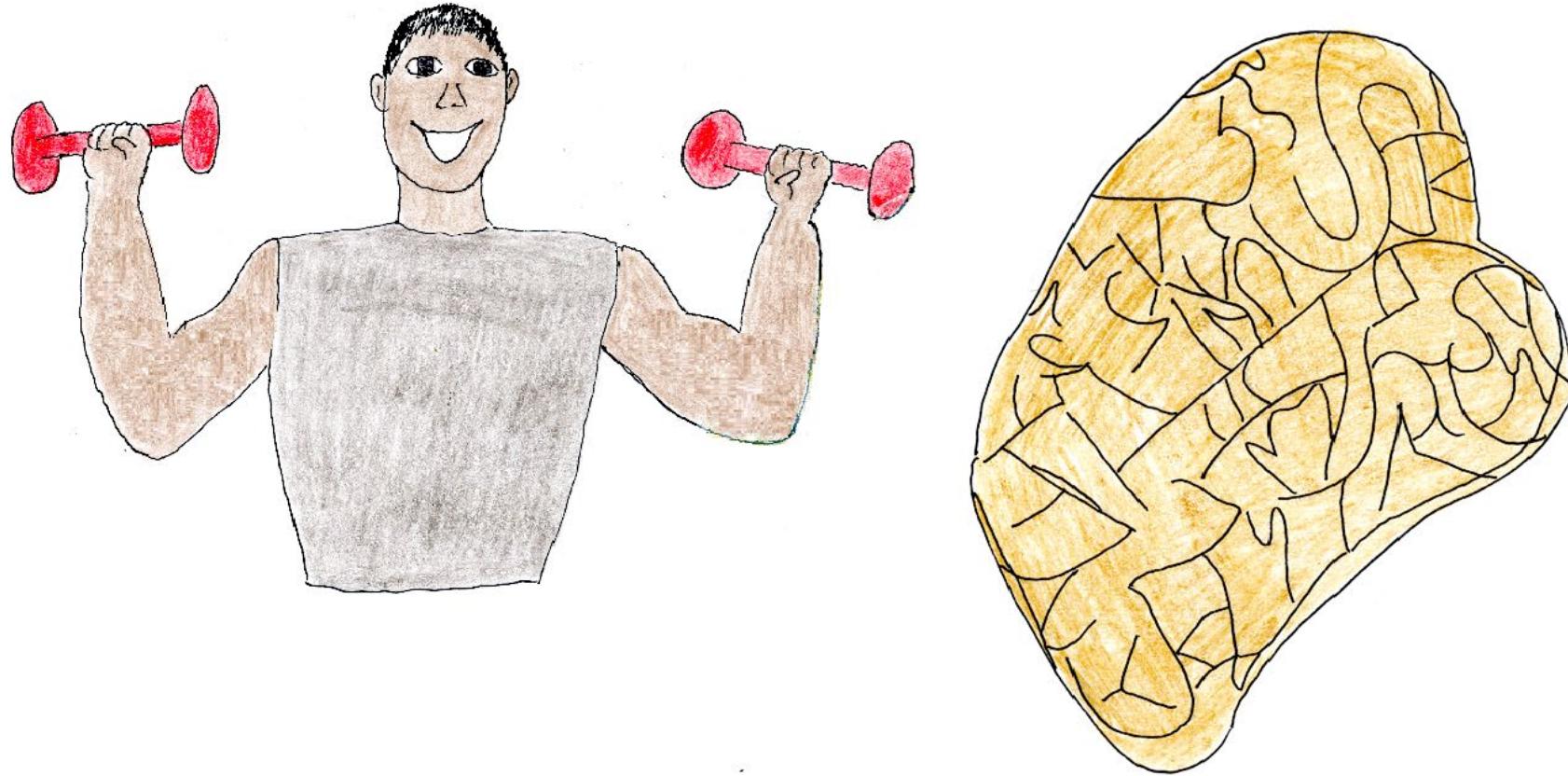
**Drugs, Tobacco, Alcohol,
Caffeine, and EVERY FORM OF
SIN - MUST RETREAT!**



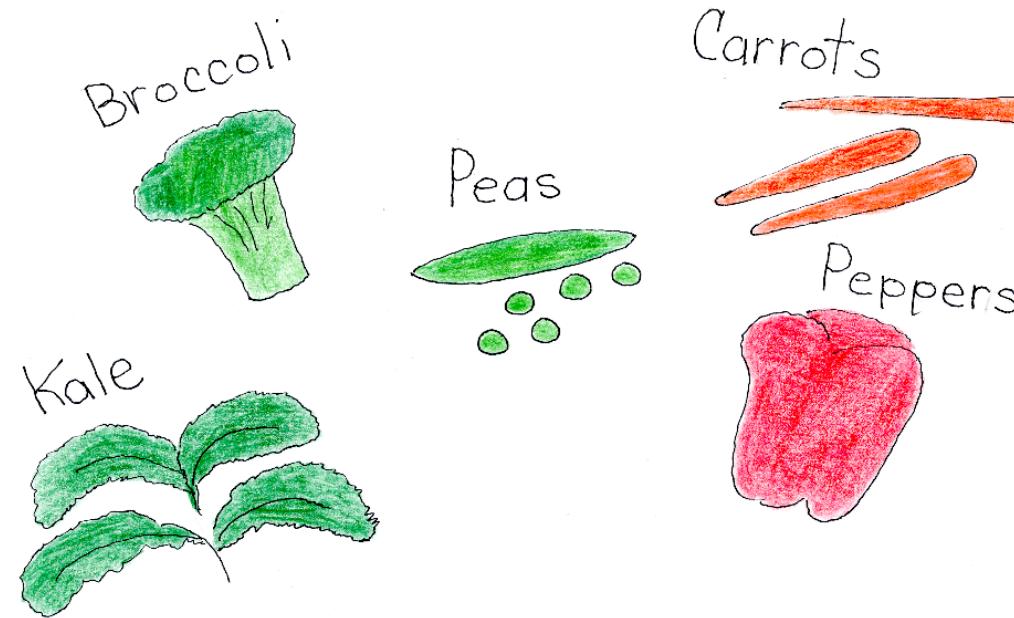
**White flour is just like paste -
the more you eat it
the more it sticks to your backside and
waist.**



Whole grains and nuts are better...

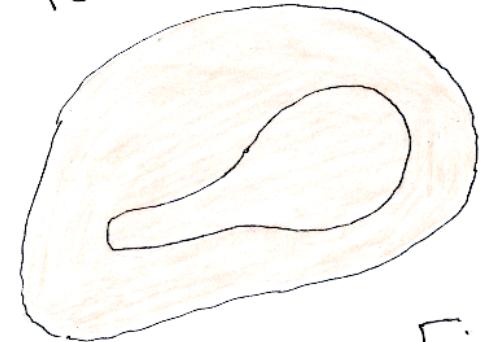


**if you want your body and brain
to work together.**

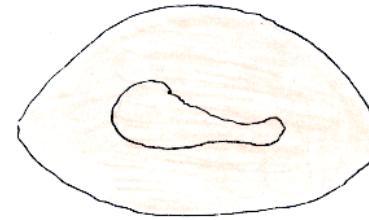


**Veggies are always great,
if you want to stay trim and upbeat.**

Turkey



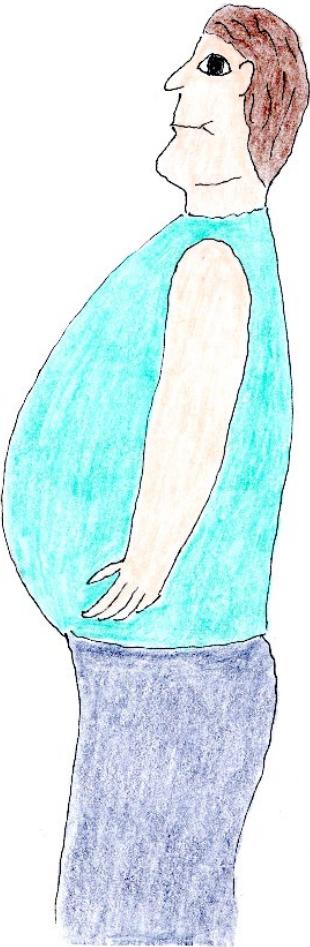
Chicken



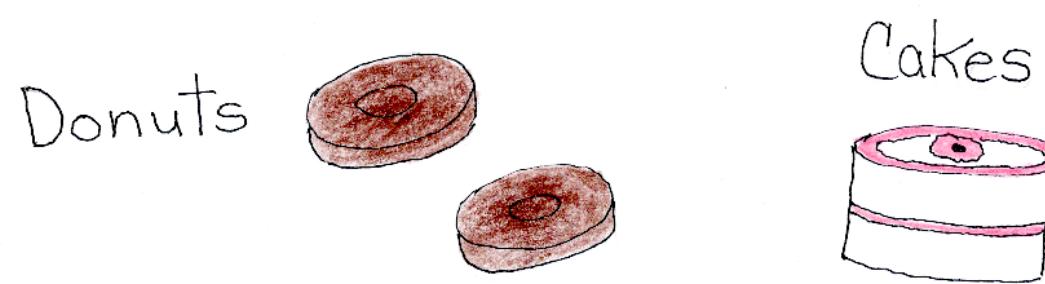
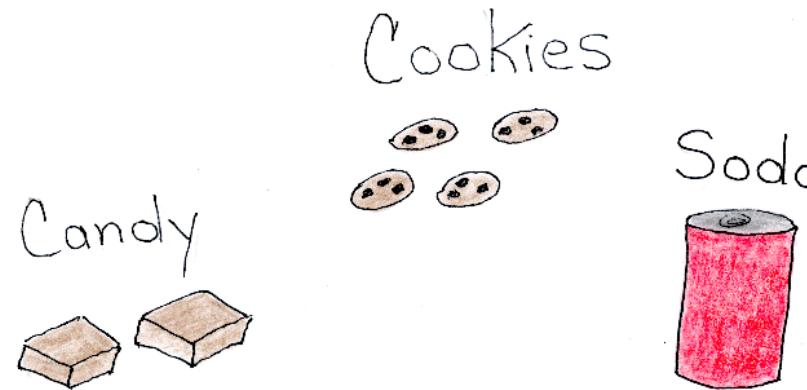
Fish



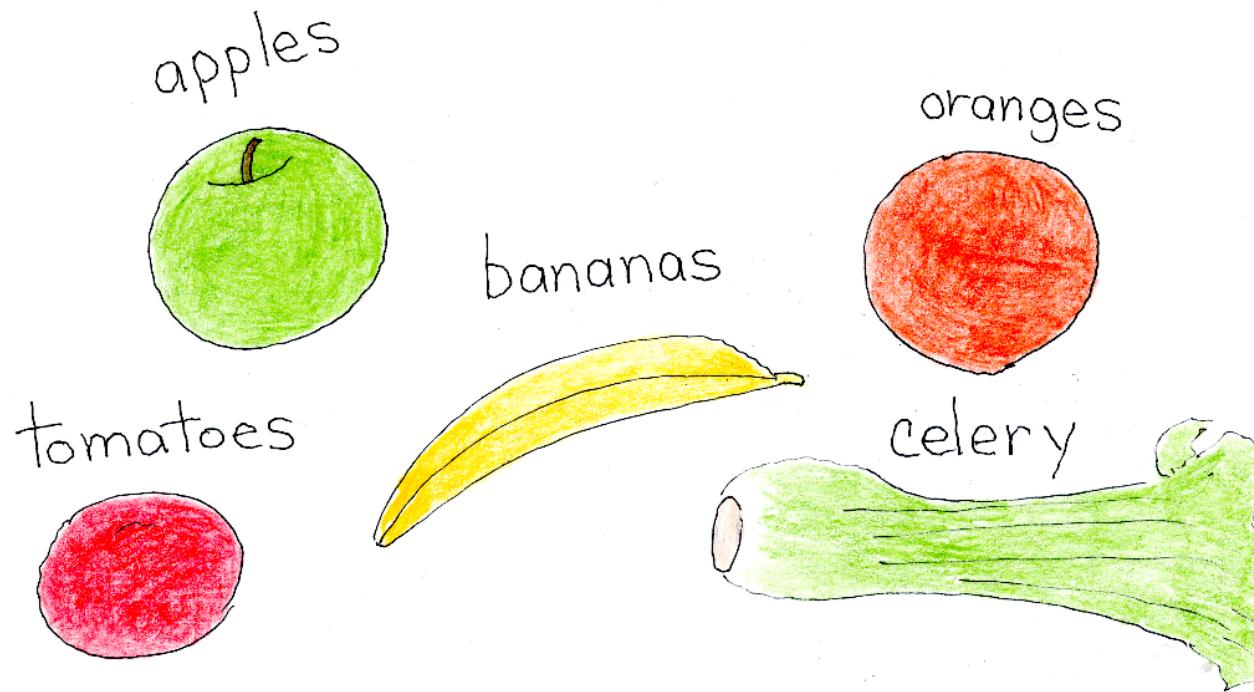
You'll also improve your heart rate,
if you eat lean meat.



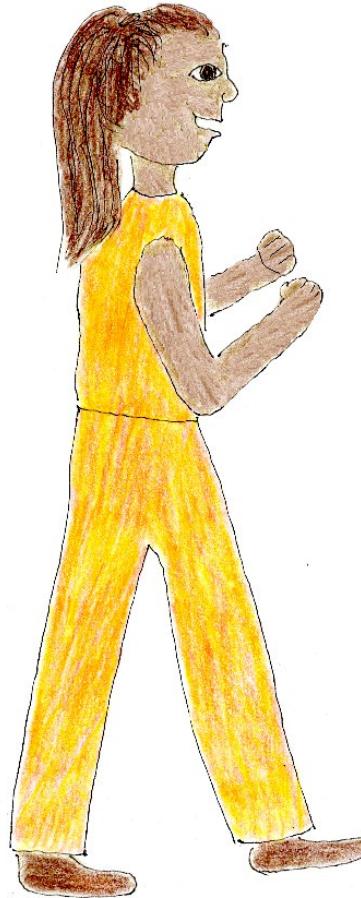
**Don't overeat.
Gluttony is a sin.**



**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	preheat
beat	retreat
feat	downbeat
heat	heartbeat
meat	
neat	
peat	
seat	
bleat	
cleat	
pleat	
treat	
wheat	
defeat	
reheat	
repeat	
upbeat	
entreat	
overeat	

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?

Brought to you by:
God's Loving World Ministries™
"Planting Seeds To Teach A Man To READ,
So He Can Learn For A Lifetime!"™



www.capitalg-ingodslovingworldmin.org