

Building the Temple 2017

AveryLRobinson.com

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Do You Want to Get Well?

This is my 38th year of life on Earth. In one of my morning videos, I was led to talk about the man at the pool of Bethesda. In my life, God has blessed me abundantly, but I realized that I have been being a good steward of the temple that he loaned to me. Candidly, my eating habits were poor, my exercise consisted of walking to my car, and my personal relationships with

God and people were strained. My excuses are many, but I had to ask, "Do You (I) want to get well more than I wanted to be married to my excuses?" I want to get well. I would love for you to join me in the journey.

I will provide tips, tools and resources for you in this series, Building the Temple 2017.



Pool of Bethesda

The Potter's House

Jeremiah 18:1-12
New Living Translation (NLT)

18 The LORD gave another message to Jeremiah. He said, ² "Go down to the potter's shop, and I will speak to you there." ³ So I did as he told me and found the potter working at his wheel. ⁴ But the jar he was making did not turn out as he had hoped, so he crushed it into a lump of clay again and started over.

⁵ Then the LORD gave me this message: ⁶ "O Israel, can I not do to you as this potter has done to his clay? As the clay is in the potter's hand, so are you in my hand. ⁷ If I announce that a certain nation or kingdom is to be uprooted, torn down, and destroyed, ⁸ but then that nation renounces its evil ways, I will not destroy it as I had planned. ⁹ And if I announce that I will plant and build up a certain nation or kingdom, ¹⁰ but then that nation turns to evil and refuses to obey

me, I will not bless it as I said I would.

¹¹ "Therefore, Jeremiah, go and warn all Judah and Jerusalem. Say to them, 'This is what the LORD says: I am planning disaster for you instead of good. So turn from your evil ways, each of you, and do what is right.'"

¹² But the people replied, "Don't waste your breath. We will continue to live as we want to, stubbornly following our own evil desires."

"Do You Want to Get Well?"

Demolition

On yesterday, December 31, 2016 I began ritualistically cleaning my home in the same manner that I had been taught to do so since I was a little girl. My mother's voice in my mind said, "You don't want to start a new year with dirty clothes or a dirty house." In obedience, I began cleaning and purging. It was good, but it had nothing to do with the old wives tales. It was time to get rid of some stuff. I've lived in my house for about 3 years and I have accumulated so much stuff. Shoes, purses, dresses, make-up, kitchen ware, and paper were among the things that cluttered my space. As I went through things, it was therapeutic to see how far I had come and how much further I needed to go. I had an epiphany: I have too much stuff. I did not finish my work and I really don't care. This time the process was different. I was also dumping my mind. I go through this every year and it never made a bit of difference. I go through so many New Year activities that stress me out and I still end up in the same place doing the same crap. As I was sitting here writing, my father interrupted me to tell me of my great-grandmother's prophecy about the absence of church bells. He has

told me this countless times that she said there will be war when the church bells don't ring in the New Year. To be honest, when has there ever not been war or rumors of war in our lifetime? We let people fill our heads and hearts with stuff. Stuff that they think we will need on the journey. Stuff gets heavy. Jesus never wanted us to be carrying around a whole lot of stuff and being tired. In fact he said:

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

-Matthew 11:28-30
New International Version (NIV)

I realized that I needed room in my heart, my mind, and my soul for everything that I have been asking God for in my life. Earlier last month God told me that it was time to build the temple. I have not been a good steward over this body, my temple. I think bad thoughts, eat bad things, and dare I say, I do bad things. Our bodies are the temple for the spirit of God to reside. I had to ask

myself, how welcomed does the Holy Spirit feel in my temple? I could throw some paint on (make-up) but that does not fix the fact that the foundation of the building has long been broken. God reminded me of the prophet Jerimiah's experience at the Potter's House in Jeremiah 18. I was like the marred vessel in the potter's hands. If the pot did not turn out as he wanted it to, he crushed it and started again.

I want the Spirit of God to be welcomed in my Temple. I hope that you will continue to join me in Building the Temple 2017.

"For my yoke is easy and my burden is light."

My Fitness Pal

My Fitness Pal has been a great tool for me.

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A Large Food Database

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Support and Motivation

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