

# DeVine

## MINISTRIES

"Taking the gospel where it has never gone before"

July 2016

www.jdevineministries.com

P.O. Box 7138 Rainbow City, AL 35906-7138

**Expanding and growing!** This month we have been expanding in our greenhouse as well as our own physical health. A few years ago God put in our heart the importance of taking care of our health; it's far better to use wisdom and live in God's blessings than to get in trouble and need a miracle. We made major changes in our diet and began moderate exercise. We cut out refined sugar and breads completely; that alone made a huge difference. I started researching all about proper diet and healthful living. My reasoning is that if we are going to live long healthy lives and accomplish all that God has called us to do, we must use wisdom and pay attention to what we eat and how we live. I have seen so many people with good intentions trying to fulfill God's call on their life but unable to because of poor health. We eat a very good diet of fresh fruit and vegetables, grass fed beef, range chicken, and farm raised fish. I learned that there is no such thing as junk food; there is junk and there is food. We cut out all the junk. Within a very short time my cholesterol and blood sugar came to a very healthy range. In fact after all my lab work came back, my doctor told me I was healthier than the average 30 year old. I lost 19 lbs and 3.5 inches of tummy. We truly are in the best health of our lives.



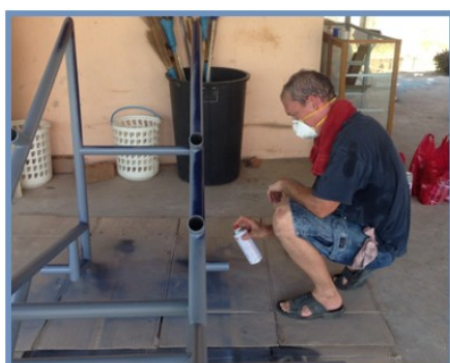
We all began regular exercise, including moderate weight lifting and body weight exercises; we do Tai Chi every day. We are teaching all this to our Home of Hope children so that they can develop good habits that will affect their whole life.

*Train up a child in the way he should go, And when he is old he will not depart from it. (Proverbs 22:6) NKJV*

I believe this means not only in spiritual matters, but also hygiene, eating habits, manners, financial stewardship, every area of life. We also learned that God provides everything necessary to keep our bodies healthy.

*"God satisfies your mouth with good things, So that your youth is renewed like the eagle's." (Ps 103:5) NKJV*

A friend gave us some money to buy more exercise equipment. It was not enough for the piece of multi-purpose equipment that we wanted. The equipment we wanted cost about \$400. I decided to design and build it myself. I bought the materials, hired a welder and then did all the finish work myself. For around \$150, we built a wonderful tool to help us stay in shape.



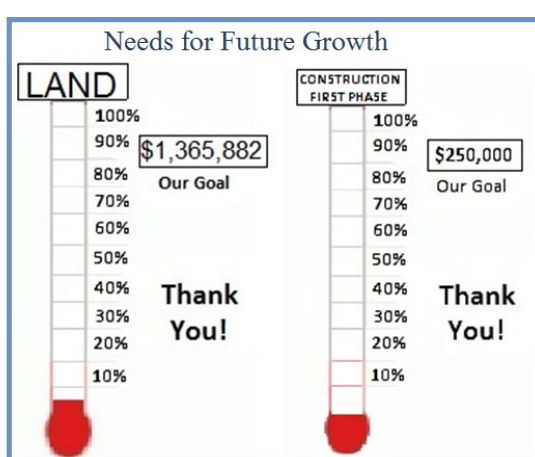
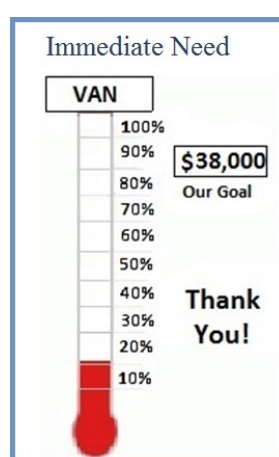
We expanded our garden and planted lots more fruit and vegetables. We are learning so much about this type of farming; we are preparing for when we have land and can build green houses on a large scale and can add the aquaponic system. We expect that the farming will provide for all the needs of the Home of Hope houses and staff and we will market the excess to help provide for the ministry.



To all our faithful partners, we say thank you so much. We could not fulfill God's plan for this ministry without you. I know the vision God has given us for Thailand is huge; we are here for the long term and we are fully committed. We are doing everything we can to take care of our health and we have learned to make the finances go a long way.

If God puts in your heart to partner with us in this great work, you may give at the link below.

God bless you all,  
The DeVine Family



Visit our website to give online!

**DeVine Ministries Giving and Partnership**

Or makes checks payable to

**DeVine Ministries**

P.O. Box 7138 Rainbow City, AL 35906-7138

Visit DeVine Ministries' Facebook page by clicking on the icon!

