



# L.E.A.N. Letter

## Genesis 2:18

"The Lord God said, 'It is not good for the man to be alone. I will make a helper suitable for him.'"

## Genesis 3:1-7

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'" <sup>2</sup> The woman said to the serpent, "We may eat fruit from the trees in the garden, <sup>3</sup> but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'" <sup>4</sup> "You will not certainly die," the serpent said to the woman. <sup>5</sup> "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil." <sup>6</sup> When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. <sup>7</sup> Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

## Genesis 7:21

"Every living thing that moved on land perished—birds, livestock, wild animals, all the creatures that swarm over the earth, and all mankind."

## Genesis 7:22-23

"Everything on dry land that had the breath of life in its nostrils died. Every living thing on the face of the earth was wiped out: people and animals and the creatures that move along the ground and the birds were wiped from the earth. Only Noah was left, and those with him in the ark."

## Exodus 34:14

"Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God."

† "ANY other god" that is worshipped is not necessarily limited to gods of other belief systems/teachings, but can be ANYONE or ANYTHING that takes precedence in your life over the Lord (i.e. narcotics, sex, a loved one, possessions, etc.)

- When anything or anyone is coveted in life, the Lord is sure to take it/them away in due time because of His jealousy of wanting your whole heart, mind, and focus.

## Psalms 24:1-2

"The earth is the Lord's, and everything in it, the world, and all who live in it; for he founded it on the seas and established it on the waters."

† If "everything" belongs to the Lord, then your mind must be renewed that YOU truly own nothing. When you come to this heightened realization, you will find it easier to release the control over all areas of your life that were once perceived to be yours.

- Let this free your mind that if nothing belongs to you, everything can be taken from you. So, anything that (or anyone who) has been entrusted in your care for any length of time, is not to be misused or mishandled in any way. All resources that (or people who) are currently blessing your life are to be handled according to the Lord's will in order to advance the Kingdom of Heaven, and to promote greater good in Jesus' name.

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~ The inspired messages below each Scripture verse are intended to strengthen the body of Christ so that we can eliminate "obesity" of our spirit (unnecessary confusion and distraction). In doing so, this will set us apart from the world so that we can stand out as the mighty warriors we are called to be in Jesus' name! ~

May you be blessed, and may you "Live L.E.A.N. (Loving Everyone As Neighbors)...Live Long!"

~Scripture passages are cited using the NIV Holy Bible.~