



SPEAK

BECOME A SPIRITUAL BODYBUILDER

CINDY MEZAS

Speak!

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Become a spiritual
bodybuilder

By Cindy Mezas

Colophon

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Content

[INTRODUCTION](#)

[CHAPTER 1 TOPICAL PROMISES](#)

[CHAPTER 2 MAKE IT PERSONAL](#)

[CHAPTER 3 CHOPPING UP THE SCRIPTURES](#)

[CHAPTER 4 A SOWER SOWS THE WORD](#)

[CHAPTER 5 BECOME A SPIRITUAL BODYBUILDER](#)

CHAPTER 6 BLESSING AND PRAISING THE LORD

CHAPTER 7 YDI= *YOU, DO IT!*

PRAYER FOR YOU

Introduction

This little but very profound *“Read and Do”* book with exceedingly great and precious promises from the Word of God, is written because of the many people asking me for the scriptures I used when I was sick, in pain, in debt and in dire straits. What I started doing while still being very sick, in terrible pain weighing almost nothing, weak, in debt, having financial adversities, being an emotional wreck and having many more problems, was getting into the Word of God and speaking it out.

What I had noticed over the years and still see is that many people may read the Word but don't speak it so much. But the Bible tells us that our tongue is the pen of a ready writer, with it, we are writing on our heart. Knowing this I just started to speak the Word throughout the whole day. Sometimes for hours and hours for I wanted the Word written in my heart, getting into the Word and study it. This was something I was doing for years already but this time in 2017 after having almost died, had three operations and spend a total of a month and a half in the hospital I went into the Word of God all over again. This time I totally surrendered my mouth and my heart plus my mind, because the Word had always been in my life since I got born again but I just got into it afresh as if I've never read it before. I started writing the Bible verses down longhand. The ones I had highlighted in my Bible were concerning health, healing, prosperity, favor, blessing, strength, protection, safety, peace, joy, faith. All of these was what I needed in my life at that time. On a colored A4 cardboard paper with a black marker pen I wrote them down and I placed them on my wall in my living room. The whole living room wall was filled with the Word of God and it was even fun to look at because of all the different bright colors I used. Yet, I did not stop

there! I also had a twenty-two-page printout with the Word of God mostly from the book of Proverbs being one of my most favorite books of the Bible. I walked in my house, room to room speaking those Bible verses over and over again. Every single day. When I started doing it I still tried to get what I needed from God by speaking the Word but somewhere I started getting the revelation that every single thing I needed was already living on the inside of me in my spirit and I simply had to draw it out with my mouth and tongue.

After I had read Proverbs 4: 20,21,22 NKJV

"My son, give attention to my words; incline your ear to my sayings. Let them not depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh."

And many more scriptures, I started speaking these promises from God 3 times a day morning, noon, and in the evening.

I started speaking all these words aloud - well, not that loud at first. I just came out of the one and a half month hospital visit. They send me home in so much pain because the doctors couldn't do anything further for me. My body was a wreck. I was whispering them out at first because I was out of breath most of the time due to my pain.

Well, the best part of speaking these exceedingly great and precious promises from the Word of God out of my mouth into my heart and ears, and by keeping them in front of my eyes was that my entire life started changing for the best. I became a spiritual bodybuilder! Here is a list with just a few things that happened in my life speaking the promises of God:

I got healed, I got stronger physically, my hair grew back again, I got out of infirmity, I got out of allergies and hay fever, I got out of debt, I started my ministry, I started a church, I started a growing YouTube Channel, My youngest son got saved and baptized, I saw people healed and people getting saved, I saw lives getting changed all around the world and the list just goes on and on and on but the best is yet to come! Speaking the promises of God has become my lifestyle.

So maybe it's good for you to start doing the same and watch what will happen in your life!

Chapter 1

Topical promises

First off I began asking the Holy Spirit, Who happens to be my BFFF -my Best Favorite Friend Forever- Who is the author of scripture for help. Because where to start when every area of life needs serious help? Well, the Holy Spirit knows best and He started with showing me how to go about it: topical.

Topical meaning relating to the different areas in my life where I needed help. Of every single area in my life where serious help was needed I first looked up the promises from the Word of God in my Bible, which I had already highlighted. Then I googled things like:

Health and healing Bible verses

Financial Bible verses

Faith Bible verses

Blessing Bible verses

Favor Bible verses

Peace, joy, love Bible verses

Success Bible verses

Children Bible verses

Protection, safety, security Bible verses

Household, home Bible verses

Wedding, Marriage Bible verses

I kicked off with the highlighted promises on health and healing, for the pain that I was experiencing was horrific. The pain was there morning, noon, and night. Also, I highlighted every single place where Jesus in the Gospel had healed people. That meant every single story of healing, and I highlighted them with colored markers. When I understood that these exceedingly great and precious promises on health and healing are life to me. All I wanted to speak about daily were these promises. This motivation to speak the promises of God comes from the scripture in Proverbs 4:22 that I showed you in the introduction of this book. We are now going to take a closer look at this promise of God written down in the book of Proverbs 4:22.

Proverbs 4:20-22

Everyone who really knows me knows that of all the books in the Bible, I love the book of Proverbs the most. The first time I read the book of Proverbs, tears were rolling down my face because I felt the words in my heart and somehow I knew that this book of the Bible would be very crucial in my life. I began learning it by heart but found out quickly that this was not an easy thing to do. So I just implemented this Bible book into my lifestyle. Back to Proverbs 4:22 NKJV, it starts by saying;

“My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart.”

The beginning of this Bible verse is very crucial for it gives us instruction, wisdom, understanding, and knowledge of what to do to live healed and healthy. The first part starts with: “My son”.

This indicates all the new born again believers who now have God as their Papa. Also, let me add here that when you see the Bible mentioning “son” it also means daughter, so