

OpenTheo

Christianity Restores the Entire Man & The Uncomfortable Truth of Physiognomy

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For The King - Rocky Ramsey

The unbelieving world, because of their faulty starting points, ends up destroying the entire man unwittingly. Body and spirit to be specific. Christianity, however, restores the entire man, body and spirit. Noah and I hope you enjoy this episode! For The King!

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Transcript

(music) Don't think I will even ask you to make Jesus Lord of your life. That's the most postposterous thing I could ever tell you to do. Jesus Christ is Lord of your life.

Whether you serve him or not, whether you bless him, curse him, hate him, or love him, he is the Lord of your life because God has given him a name that is above every name, so that the name of Jesus Christ every knee shall bow, and tongue confess that he is Lord. Some of you will bow out of the grace that has been given to you, and others will bow because your kneecaps will be broken by the one who rules the nations with a rod of iron. And I'll not apologize for this God of the Bible.

(music) Welcome to the For the King podcast. I am your host, Rocky Ramsey, and I'm joined with a frequent guest, and almost maybe even a shoe in for co-host, Noah Kellam. Alright, I think he's five.

Piazzo2Electric. It's my Twitter handle. Twitter handle.

Check me out. Check him out. Not posting much, but... There's still a few, there's still a few good things on there.

I like some stuff. Yeah, like, yeah, you'll see what Noah likes at all. Still 30 for a loop.

So yeah, I got Noah with me today. On this podcast, on the For the King podcast, we declare the edicts of the king, namely and chiefly, that Yahweh reigns. That is his first and foremost edict that he reigns.

He's the king, okay? And you ought to bend the knee. That is ground level for pet and believe in Christ. Bend the knee.

He is the king. So that is what we talk about. That is the crux of this podcast.

And on these Wednesday episodes, we apply the gospel to the whole world. Everything that we can see, everything you could set your eyes on, anything you can think of, we apply the gospel to that thing. Because we think that God's gospel is just that big.

And the Bible talks about just that much. Talks about everything. It touches on everything.

So Noah and I had in our podcast where we talked about a feminiscy and watching sports and Christian competition and how we ought to think about competition from a Christian perspective, we had hinted that we wanted to maybe get in a little more precisely on the value of sport, the value of bodily training when we think about the Christian worldview. So the title of this episode is going to be probably something similar in capturing the idea that the pagans, the unbelieving world wants to destroy both the body, the physical body and the immaterial soul. So Paul says, I think it's in 2 Corinthians, the outer body is wasting away, but the inner man is being renewed day by day.

So we have this biblical category. We have the outer man, which is this physical man,

but then also connected to that physical man is the inner man. The same man, just there's the inner part of him and the outer part of him.

So the pagan world wants to destroy that. Both the body and the soul now, or even maybe even more accurately, Satan wants to destroy both your body and your spirit, your immaterial self. So the antithesis of that, that would be the thesis were proposed to you that pagans like to destroy those things.

The antithesis of that, which would be the Christian worldview, is that God wants to build up your body and soul. God wants to not only give you a great body that you can use in his world and enjoy the things he's given to you in this world physically, like a beating heart or colors or the ability to run around, to smell things, that kind of experience that we have physically. But he also wants to restore your soul.

He also wants to cause you to be born again of water and spirit. So that's going to be our operating thesis antithesis, the kind of tension we're going to hold in this podcast and then we're going to get into that. Anything you want to add Noah, setting the stage? Yeah, I guess this follows from the implication that those who are Satan's children, like him, want to destroy.

And then likewise, God's children want to build up and they love beauty. So that kind of manifests itself both in body and in spirit. Yes, yeah.

Yeah, we don't want to just abstract it out and talk about how Satan and God do it, but also that the followers in these kingdoms, the kingdom of darkness and kingdom of light will either destroy body and soul or help body and soul. So we're going to do maybe... Follow their father. Yeah, they're going to follow their father.

So that's kind of what we're going to present to you today. So I want to start first with the thesis that the pagans want to destroy body and soul. So let's lay the groundwork here because we want to kind of hone in on the body specifically and not just... I'm sorry, the body and the spirit.

The soul is body and spirit. I don't know where Noah falls on this, but I'm a dichotomist and there's some people in the Christian faith that would say that they're trichotomists where the human composite is three things, body, spirit, and soul. Dichotomists say there's just body... I'm sorry, there's just body and spirit or body and soul and the soul would be the body-spirit composite.

Yeah, it would lean toward dichotomy. Dichotomy, okay. And dichotomy just says there's a... Basically, like what Paul says in Second Man, there's an inner man and there's an outer man.

We're going to be operating on that. We're not going to try to divvy up the spiritual part of the man into two other things, the spirit and the soul. We're going to say spirit and the

soul are pretty much synonymous except the soul actually captures the physical part of the person as well.

So that's my understanding. Yep. Okay, so let's talk about just that reality in terms of the kingdom of darkness.

I kind of just want to glance real quickly over the spiritual component, how Satan wants to damn your soul. Satan wants to destroy your soul. He wants you to be enslaved to your sin.

He wants you to lie, murder, steal. He wants you to basically transgress all of God's ten commandments and then hate him and worship Satan. That's what he wants to do spiritually with you.

Yeah, he wants to... Well, he hates the order of God. So we know from a physical perspective, if you fail to live according to God's order, you're going to be diseased. Yes.

Like that's just the way of things. If you try... That's just kind of how sin works. If you try to get something not by the ordained means, then there are consequences.

Exactly. So that's pretty clear in our minds as Christians in terms of the spiritual reality there at the kingdom of darkness. Now, let's talk about the body.

How not only Satan, but also pagans want to destroy the body. Okay, how does that manifest itself? Well, first of all, like Noah just said, you will be diseased if you are of your father Satan. Now, why is that? Because stress physically destroys your magnesium reserves in your body.

Stress over sin, the guilt and the shame that comes with sin will have an impact physically on your body. Yep. The emotions... Yeah, the emotions and the... The emotions and psyche that comes with sin impacts the physical human body.

Do you want to walk through that a little more? Do you have any ideas on that? Yeah, I mean, I think the full extent of that is very complex. I mean, I don't think there are a few, if any, that fully understand the gravity of that reality and all the implications of it. But yeah, there are so many mechanisms where, for example, if you don't exercise, like there's a principle that basically says your body will slowly decay, your bones will break down if you don't use them and put stress into them.

If you don't eat well, if you eat crap, you're going to essentially become crap. Yeah. Like... There are so many.

If you get artificial light, your hormones are going to be all screwed up. Exactly. You're going to have... Like your energy is going to be weird.

Like... There's a lot there. Yeah. Yeah, there's a lot of these... Those things you just listed

come with certain sins that you would do if you're not born again.

Generally. That you'd be enslaved to. So like blue light, being engrossed in the television and video games and staying up late.

Playing... Social media. Yeah, social media. Yeah, being on your phone real late in the night, things like that.

That'll destroy your health, right? Lack of self-discipline. Yeah, lack of self-discipline. And the Christian usually isn't wrapped up in that.

The Christian that's actually mature, you know. Same thing in eating food. Usually, a non-believer would be in love with their sin.

Now, not that Christians are never fat, but there are Christians that are fat, which is a sin for them and they need to repent of that. But your average non-believing person is going to have a higher proclivity to be given over to such a sin like that, right? Because they're ruled by their lusts. And they will eat poorly like Noah was saying.

They'll eat crap, right? Because they have bad taste. They don't know what's good, true, and beautiful because they're not Christians. So they're gonna... Yeah, that's a... Yeah, they're gonna... Exactly.

They're gonna want to eat Twinkies and ding-dongs because they don't know what's actually good, true, and beautiful. God already made candy and fruit, you know. God has already made sugar a certain way.

Like honey, there's nothing like honey. Honey's the most unique thing. Milk and honey.

Milk and honey, baby. I really... I don't think there's anything comparable, an animal product that's even comparable to honey. The only thing that's close would be a plant product like maple syrup or agave, things like that, those kind of syrups.

But besides that, there's no animal product that's even close to honey. Yeah, the food of angels apparently. It's amazing.

Yeah, honey is very unique. So like that, God has already made ways that we're supposed to eat sugar, but our society is very pagan. So what do we see? We see super sized meat, we see McDonald's, we see Twinkies, we see all the ways we've destroyed our food system here.

So Noah walked through some real... Well, I guess so we don't get sued. This is not health advice. This is... Noah and I are not doctors and this is not health advice, right Noah? Right.

Yeah. We don't know anything. Is that really necessary? I mean, people could sue, yeah.

If like... Yeah, I don't know anything. I don't know anything. I don't know a thing.

Yeah, I'm an agnostic, atheist. I don't know anything. Psych.

But I really don't know anything. When it comes to health, I'm clueless, baby. So you can't sue me.

Yeah, all speculation here. Exactly. This is just our opinions.

Right. It's our truth. It's our truth.

So Noah, walk me through what are some common... Like in terms of those things right there, when we think about Satan wants you to be fat, he wants you to be glutton, he wants you to be lazy, he wants you to have whacked out hormones, he wants you to be cancerous and he wants you to die young, he wants to destroy your body. And not only that, but also we have a culture of fatness where you're not allowed to fat shame, right? The liberals, the atheistic liberal, secular liberal, there's such a thing as fat shaming. You're not allowed to say that being fat's wrong.

Actually, every body is beautiful. Even fat people that can't reproduce. If their genes are so bad and they can't reproduce and they're infertile, right? If your health is so poor that you're infertile, you're still beautiful, even though your body's shutting down and your body says, actually, no, you're so unhealthy, you're not able to reproduce.

So when we think about those people, when we think about that kind of culture, what are some real practical things that Christians... Satan wants you to be caught up in. - You're asking... - Like food, health, the way we move, all that things you kind of brought up, like what should people steer clear of? What is an obvious way that Satan is breaking down our society physically? See that? You see that getting out there, increase in cancer, increase in heart disease. How is that happening? - Yeah, I think primarily he wants to disconnect people from the order of God.

- Yeah. - Because that's where God is found. So, I mean, all the things that you need to live a healthy life, God or Satan will want to disconnect you from, so that would include things like being out in nature and enjoying the world that God has made, eating the right food so that you're fueling your body correctly and giving it the nutrients it needs to build itself up so that you can go and enjoy other things.

And, you know, if things happen, it's like you get injured, you need to have the capacity to heal yourself. But if you're following your father, Satan, because you don't know God, you're going to be more inclined to neglect the order that you ought to have in your life. So you'll be more likely to be crushed when those things come like they do for anybody.

- That are just difficult. - Mm-hmm. - Yeah, when difficulty comes, if you don't have the resilience, if you don't have the foundation that you need to come through it, then it's

going to be all the worse.

And it will give you all the more reason to be embittered toward God. - Sure. - We as Christians, we can endure trials and we can even rejoice in them.

But, I mean, if you're a pagan, not only are you're going to endure some trials because God is not mocked. - Exactly. - But it's going to be all the worse because you have no hope in that.

- Mm-hmm. - And you're just going to keep giving more and more away from the order of God. - Exactly.

- It's a bad place to be in. - Yeah. - So some specific things to avoid.

- Mm-hmm. Yeah, I think synthetic, generally speaking, synthetic things are unhealthy because like I said earlier, God is found in his natural order. So we've seen a lot of ways humans trying to kind of... I guess using technology develop a power for themselves so they don't rely on God.

- Mm-hmm. - And that's pretty far reaching from DNA manipulation to weather manipulation, whatever. So synthetic foods, a lot of fast food restaurants will basically use synthetic meat that isn't real meat.

- Mm-hmm. Or beyond meat. That's plant-based, but yeah.

- Yeah. Oh, did you hear... Dude, you know that product, I think it's called Just Eggs? - Yes. Yeah.

- It has no eggs. - It's not eggs. - Yeah.

- Like plant-based. - Yeah, it's not eggs. - Toy, crap.

- Yes. - Nobody buys that crap. It's literally poison.

- Oh, yeah. - Like a byproduct of some other industrial mechanism. - Yeah.

- So they just throw it on the shelves and it's like, if people buy it, they're like, "Oh, all of that?" - Oh, we made 10 cents off of our waste product. Great. - Right, exactly.

- Great. That's good cash flow. - Yeah.

And there are people buying that thinking they're doing a good thing. - Yeah. So that's an example.

So process things like that. That's a great example. - Yeah.

- It's not actually eggs. It's not natural. It's not normal.

It's a waste product. It's not good for you. What are some other real practical things? - You're going to be more likely to fall into that if you're not a Christian.

- Yes. Yes. - Let's see.

Yeah, you mentioned being a fatty. So there are a lot of things that can lead to that. I think being undisciplined is the biggest thing.

Being fat, it's more of a symptom of... It's not taking care of yourself than anything. You need to eat poorly to become fat at some point. - Yes.

It's impossible. It has to be you are overindulgent. - Yeah, all of that mass has to come from somewhere.

I mean, some people, I guess genetically speaking, some people are more disposed toward gaining weight than others. - Yeah, they'll have hormonal issues, right? And then it'll cause them to put on... Their metabolism's lower and things like that. - And sometimes it can be difficult to have the knowledge you need to get out of a place like that.

It's like, "I understand." So then you're just dealing with the effects of sin in your life from a previous time. That's tough. - Yeah, it's super cool.

- But I mean, all you really need to do is... That's actually tough. I don't want to say something stupid here. - Yeah.

- I guess I don't need to. - Ketogenic, right? - You can try that. Yeah.

- It could cause issues, but... - Well, it comes down to a lot of things. One, you need to get your lighting environment right, so that's a big thing. Like, just go outside.

Just go outside. - Go outside and go on a walk. - Put your feet on the ground.

Yeah. And don't eat crap. - Yeah, and you will... I think more people need to trust the design of the body.

When we say God's design. If you put things in your body that your body's not designed to eat, it will begin storing it in brown adipose tissue. It'll start storing it in your fat, right? Your fat layer in your body.

So when you see somebody that's fat, it's because they're eating toxins and there's not enough... There's nowhere for it to go, usually, and you have a surplus of energy that your body's starting to store on the outside of your body. So you have to be disciplined enough to not get in that situation, to not fall in that cycle, because then you have low energy levels, then you feel worse, and then you have lower energy levels because you feel worse and you're not working out still and you're getting fatter. It's a cycle.

You don't want to ever enter into that. So the way you avoid that is all the things Noah said. And just being a disciplined person and not eating that trash.

Because if your body doesn't know... If it's for material, if you're eating egg, just egg, your body's like, "What is this?" Like, I'm not even sure what this is. Let me put it in fat because that's the least toxic. We don't want it in the bloodstream.

We don't want to assimilate it in the body. So your body, if your liver can't handle it, it sends toxins into the fat layer because fat is basically chemically inert, right? There's no reactions. Your body's not tapping into that fat right now.

So it can store it there and deal with it later. So, yeah, I mean, it's just this tough cycle and you just need to not put those in your body will, like I said, God designed the body. Eventually, your body will be able to handle it.

Right. So those are some lies. It's your body triaging, essentially.

It's trying to negate the damage being done as much as possible. Yeah, exactly. And that's the mechanism, essentially, where that happens.

Yeah, food. Just food seeds, yeah. It's pretty big.

Then, like, environment is also a big thing that people don't tend to really pay attention to. I mean, we have a lot of control over our environment and that would include, like, the people that you surround yourself with. So that's another thing we haven't mentioned.

Satan will want to surround you with his minions, with people who serve him, other undisciplined people. So that's something you have some control over. Don't spend the less time around toxic people and you'll tend to do better.

Obviously, going outside is a big thing. If you live a life indoors, you will be disconnected from your environment and from the order of God in a big way. And that's going to have some negative consequences.

Exactly. So we tend to think of people who are poor addicts as, like, people living in their parents' basement or something and they're just, like, cave dwellers. Yeah.

Yeah. Yeah, that has a really negative effect on your mind and it clouds your vision of reality. And that's a place, like, Satan wants you in a vulnerable place where you're not able to solve your problems and you're just in this, like you mentioned, a loop or a cycle.

It just seems endless. It's a very sad place to be. It's very dangerous.

Yes. Yeah. Yeah, and it affects your hormones greatly to be in a non-lit environment.

We need to remember vitamin D is a hormone. So when you get outside and you're in the sun, that's why the sun's important. It does a lot of things.

The most easy to grasp for you listener would just be vitamin D. It's a hormone that's created by contact with photons on your skin. And there's many other things that happen in that interaction, but it's just vitally important because God made us to be in the sun, right? In his light, in his life, light is life. So get light, you know? Yeah, I think those are big, Noah.

You have some more? I had something I wanted to bring up. I was going to bring up, just from the environmental perspective, the lie that cows and milk are bad and eggs and animal products are bad. I mean, that's another thing, the information that you-- The information-- Like an animal.

He corrupts scientific study. He biases people to produce research that can somehow contradict the most obvious facts of life. For instance, raw milk is not allowed to be sold for human consumption thanks to Louis Pasteur, who's, by the way, you can go look at his notes, and he actually recanted on his death bed that his research was fraudulent.

So when you are born as a baby, you are a mammal, and your mom makes raw milk, raw human milk for you to consume. The most basic obvious observation that anybody could have is that humans are made to consume raw milk. And we've come to a place now where the scientific literature says, raw milk will harm you.

And not only that, every single fat molecule in your body is not an unsaturated fat molecule, but a saturated fat molecule, besides some of the omega-3s and things like that. But the overwhelming majority of your body's fats are saturated fats. But we've come to a place in our society where you can hold that truth, that your body is made of saturated fats, and at the same time listen to Satan's lies in the medical research that says that eating a saturated fat-heavy diet will cause heart disease.

Every single hormone in your body, you need cholesterol. And the membrane around your cell also needs cholesterol to be made, to function. So we have this truth, and then at the same time Satan's lied to the entire populace that cholesterol causes heart disease.

We have massive lies being told to us by Satan, he has corrupted the minds of scientists. They're not these unbiased people that employed the scientific method perfectly and come out with the best results. No, you have biases going into the scientific method.

So you have to be a Christian to do science well. Because if you're not a Christian, you're going to have ungodly wicked assumptions going into using the scientific method that's going to destroy the way you do research. And then you'll end up saying something like, "Raw milk is bad for your health, even though every mom in the world produces raw milk

for her child." Full of things like that.

And the cows drink the raw milk. You don't see the little baby cows keeling over dead from being infected. It's the stupidest thing I've ever heard.

It's just dumb. So the double thing. It's the double thing.

Yeah, you have to hold two contradictory truths in your mind and then still function in society. That's doublethink. That's Marxist, by the way.

So I mean, it's just these are the things like, this is what people get wrapped up in. They get these things in their mind and then they live their life perpetually where they don't eat meat. Okay.

You're made of meat. You probably want to eat some meat. Stuff and meat is probably good for you because you're made of meat.

You know, like just think like a three-year-old. Oh, I got meat. Oh, that's meat.

I bet that's kind of like me, I bet. It's probably got some more stuff that I got in my body. Also just the fact that meat tastes good.

Yeah, meat tastes good. Milk tastes good. It's very sweet.

It tastes great. Just think like you don't have to try to get super scientific with it. Look at it.

Satan lies to you in so many different ways. Just look at God's world and just live accordingly. We live in a time where so many institutions have been corrupted by Satan.

So the problem that you're talking about, like with all this information coming out from academia and people just wholesale buying it. Is that academia has utterly deviated from science. It's scientism.

Yeah. So people will think that whatever comes out of academia is synonymous with the science. But in reality, the science corresponds to like our observation of God's order and conclusion.

So we make through that observation. But the academia has become, I have this client who I'm doing research for that wants a specific result. I can manipulate my data and get some of my colleagues to agree with it.

And I keep my job and I get published and I do fine. Exactly. And that's been happening for decades.

Since, well, I don't even know how long. I know since the 1950s, it's been going on for way too long. So all of these assumptions, like you were mentioning, have just taken root

in the public consciousness and it's going to be hard to get rid of that.

Like another thing is salt. Yeah. Oh, that dude.

Yes. Salt is bad and salt causes high blood pressure. Yep.

Which is the stupidest thing. No. Yeah.

Like how do you get there? Sorry, that's retarded. How do you get there? It's literally retarded. Yeah.

Eating salt, the most abundant mineral or one of the most abundant minerals that humans consume, that have been consuming for thousands of years and nobody's been keeling over dead at the ripe age of 30. No, humans have been living a normal amount all through our human history. All of a sudden, you get this claim, salt is bad for you.

There are species of goats that will climb mountainsides just to lick the mineral reserves that are leaking out of the mountainside. That's how important salt is. But it's strange.

People will have high blood pressure and then their doctorates will tell them, "Oh, you need to reduce your salt intake." And then they do that. And then it gets worse. And then they prescribe something and so there's a whole thing.

But low salt will cause high blood pressure. It's much more dangerous to be low salt than to be high salt. Yeah.

Blows my mind. It does. So just lots of different lies like that to destroy the body.

Now, I kind of want to... So those are some of the chronic illnesses, the way that Satan has finagled the research of things. Those are some big ticket items. Another thing in my mind, not only is he destroying hormone health where men have low T in our society because a lot of the things we just mentioned and giving us chronic illnesses like cancer and heart disease because of a lack of salt, because of a lack of saturated fat, because of a lack of cholesterol and a lack of protein, lack of raw milk, right? That's why we're so disease-ridden because we're not getting the nutrients we need.

On top of going outside. Yeah, going outside and just being in the sun. Yeah.

A lack of going outside. Not only all those things that we just mentioned, but sometimes he works in acute ways. And when I... Like an acute disease where you die really fast, right? So an example in my mind that I was thinking of this was the gulags under Stalin.

When you want to break somebody's spirit, you break their body. Or you can. You could break an avenue because we're getting a dichotomy.

It makes the body and the spirit are connected. So if you can break somebody's body,

you can also break their spirit. If you break somebody's spirit, you end up breaking their body.

So for instance, in the Psalms, when David is lamenting over his sin, he says, "My bones are wasting away." Okay. Now, is he speaking in metaphor hyperbole there? Possibly. You can interpret it that way.

I think he probably literally was aching. I bet his body was wasting away. In the same sense that, yeah, a porn addict just wastes away in his mom's basement.

Just wastes away. His hormones suck. He ends up getting cancer.

He dies at a young age. That kind of thing. You'll just waste away.

So we have it that way where the spiritual is making his bones rot. His bones waste away David. But then we also have the gulags where you send the Christians during Stalin's Russia and you break their body and then eventually you get to their spirit.

You break their will to live. You break their metaphysical soul. Their desires to want to live.

You break them. So it's an avenue that goes both ways. And the reason why it goes both ways is because we're body and spirit.

It's just evidence of that. Another thing, another evidence of this would be that some of the people in 1 Corinthians, when Paul's talking about... I think it's 1 Corinthians 10 or something, when he's talking about... Or no, 11. When he's talking about taking the Lord's Supper.

He says some of you have even fallen asleep and died because of the way you were taking it. So the spiritual affected the physical, even in that sense too. Aaron, I sense, Sapphira died.

God struck them dead because of spiritual sin. So it's a reminder that it goes both ways. And there's acute ways that Satan works as well when he wants to break you down.

And we can get to that point in our country where there's somebody lies told where eventually Christians get rounded up. And all the Christian nationalists get rounded up. And all the conservative Christians, Reformed Christian Calvinists get rounded up.

And they get put in the concentration camps because the liberals can't handle it anymore. I mean, that can happen at one point. So who knows what the future holds? But there's also very acute ways that we get broken down, even in our spirit, acute ways by being just persecuted.

We need the strength of Christ or your bones are just going to rot away when Saul is

constantly chasing David and David is stressed out all the time. And he is, he is in the pit of despair. So I wanted to bring that up too.

That's a layer of that's another way Satan kind of works on the world. These very hard realities like war or persecution, things like that. But that's the kingdom of darkness attacking both the body and the soul.

Any thoughts on that? Well, sorry, even like MK ultra stuff like that. Break the body, break the soul both ways. All the mind control stuff, all the brainwashing stuff like that.

Yeah, goes both ways here. Um, talk about physiognomy. Yes.

Yeah. I mean, you were talking about how it goes both ways. If you break somebody's spirit, you'll break their body.

So another way around, you break your body, break your soul. So there is this clear connection. There's the word.

Clear connection between body and soul or spirit. So it's interesting. There's something called physiognomy, which essentially is considering somebody's physical appearance and then drawing conclusions solely based on that.

So you can do this if you can just look at different kind of people. And it's interesting because children will actually pick up on it pretty quick. It's just it's an intuitive thing that people can do where you look at somebody if they look like a hard person, they probably have a hard spirit.

It's like if they're a beautiful person, they probably have good values. If they're super ugly, they probably have really poor values. Yeah.

They might be a tyrant or whatever. Yeah. Or it's like a beautiful ruler will generally be like a noble and an honorable ruler.

Exactly. And you can. So this is something that children will pick up on.

If you show them two photos of people and say like, this is a good guy, this is a bad guy. Like the ugly person is always a bad guy. The good person is the more attractive noble looking person.

Yeah. And various conflicts that have happened in world history is generally true. Yeah.

But it's interesting. Christians are generally more beautiful. I mean, if you start paying attention to this, if you haven't already, and liberals, you know, picking on them a little bit like this is generalization.

Yes, this is generally true. Definitely. Dude, I'm losing it.

What? There are people who don't follow this trend. Yeah, you have very unique circumstances where this doesn't happen. But generally speaking, there's a word for it.

Of that group of people that are very, the exception. Yeah, there are exceptions. Is that what I'm looking for? Yeah, there would be a few exceptions to that.

Yes. Yeah, so, but when like the point to me that proves this better than anything, look at, go to a pro life rally and then go to a pro person rally and you'll get a bunch of super overweight blue haired women in your face that are repulsive. Yeah.

And they'll be in your face yelling and screaming. And then usually you'll get like a bunch of very good looking, normal looking masculine men that are fit, not fat, and usually have pretty good size muscles, look very normal and those are the two sides. And if you just judge, and then the only dudes that are there on the pro abortion side are usually toothpicks.

Yeah, they're usually toothpicks. Limp arrested. Limp arrested and the women are like way more masculine than them and they're all up.

They're all up in our face and the guys are sitting back while the women are like yelling at all of the masculine men. And it's just like a funny, it's just funny to look at it sometimes. I think really for me, that really shows the reality that it is spiritual warfare.

It's like all of these ugly people with ugly spirits are trying to support and. Something ugly. Maintain, yes, child sacrifice.

It's like, yeah. Yeah, of course you're not a good looking person because you're also mad that you're not good looking and you're taking out others. And honestly, dude, I think that there is instances where people that become Christian start, they start to actually care about things and they get attractive.

Like it's like literally like they change. Tons of time. So it does.

Yeah, it's just crazy. So I think that that, I mean, again, this is generalization. You'll have the wicked, the wicked CEO that's got a smoking beautiful wife, you know, you'll have that and she's just as evil as he is because he's just a CEO and she just is greedy for money and she's a wicked person.

Yes, she's a beautiful woman, but that's the exception. You go to the rally of the people, the boots on the ground, the average person, the average Christian is going to be. People who are living out their values, it's going to be all the more obvious.

Exactly. Exactly. Yeah.

Like you look at a man like John Rockefeller. Yeah. Like that dude looked like his face was just like pulled across his skull.

Yeah. He looks like a skeleton. He looks soulless.

Yeah. And what do you get from him? He's actually some soulless man who hates God.
Yeah.

Look at Carl Marx. Look at Charles Darwin wasn't extremely repulsive. He looked a little more normal, but just look at a lot of these dudes.

I think one of the guys who started all the whole trans psychology stuff. Freud. No, it was some guy.

He didn't expect. Oh, John Money. Yeah.

I think he was just super. Or Alfred Kinsey. Alfred Kinsey was wild.

I think it was Kinsey. Kinsey was pretty wild looking too. Kinsey is an ugly dude.

Yeah. Because they hate themselves. I mean, Aleister Crowley is odd looking man too.

He didn't look wild, wild, but he didn't exactly look like the most friendly person. But generally speaking, it's such a funny feel. He had no quarter November.

Yeah. No quarter. You know what? Yeah.

No quarter November. We're not justifying. I mean, I just think that that it does crack me up because it generally holds true.

Yeah. You look at a, I saw some photos of the Bolshevik revolution in Russia. Oh yeah.

All the Russian dudes that were like the conservative normal guys that love Mother Russia before the Bolsheviks came in, they were super masculine, strong, good looking dudes. And then like Vladimir Lenin and Ingalls and all these dudes were just like, you know, like trolls. They look crazy.

Man. Yeah. And I think there is a reason why in Tolkien's Lord of the Rings, hey, Noah and I are going through Lord of the Rings and we're going to hit you guys with some good stuff.

But that's why the orcs are ugly. They're from Sauron. They're ugly.

And that's why elves are beautiful. Yeah. Elves are beautiful.

Yeah. They're like cultural implications of it. Cultural implications.

Yeah. You've got a beautiful culture. You are more likely to be beautiful.

Yes, exactly. Because you take care of yourself. Take care of yourself.

You're going to eat good food. So your face is actually going to grow in a normal structure. Yeah.

Seriously. True. Okay.

So, so fizzlyogamy is absolutely hilarious to me, but also like rings weirdly true. So there's that. So we kind of walk through now.

That's the thesis about now how Satan wants to destroy both body and soul. Now let's get into the beauty of the Christian restoring both body and soul. God himself restoring body and soul and also the Christian.

It should be his endeavor to restore body and soul. That'd be the antithesis here. So what do we mean by that? What are we getting at? So okay.

Let me think about how long. Oh, so I got some scripture. That's where I want to go first.

So Noah had something for us too. If you want to pull that up while I'm reading this. So Proverbs 26 14 through 15.

As the door turns on its hinges, so does the sluggard on his bed. The sluggard buries his hand in the dish. He is weary of bringing it to his mouth again.

Then Proverbs 23 21 for the heavy drinker and the glutton will come to poverty and drowsiness will clothe one with rags. And then our, honestly, probably our central text here, Romans 12 one through two. Therefore, I urge you brethren by the mercies of God to present your bodies, a living and holy sacrifice acceptable to God, which is your spiritual service of worship and do not be conformed into this world, but be transformed by the renewal of your mind so that you may prove what the will of God is that which is good and acceptable and perfect.

Okay, what do you have for us, Noah? First Timothy four eight for bodily exercise profiteth little, but godliness is profitable unto all things having promise of the life that is now and of that which is to come. Exactly. Okay, so what does the Bible clearly teach about the bodies, the body of Christians? They are extremely important.

We don't, we're not Gnostic where when you lose your body is when you finally get to be in union with Christ. No, the reason we're not in union with Christ is because we have a sin nature. We're going to get new bodies that are glorified guys.

The body is not the enemy. The sin nature is the enemy. The body doesn't have sinfulness to fuse that the flesh is this spiritual, oppressive part of us.

That's that's just there. It's not the body itself. That's even wrong.

No, our bodies material. It's not something material, maybe we're not Gnostics and

Christianity is not like that at all. All things are being renewed.

Exactly. So it's good everything. Yeah.

So it's good. So okay, the obvious here in terms of how God and how Christians who care for the soul, what do we do? We proclaim the gospel of Jesus Christ that restores the soul, the souls of people, both the body and the spirit. And how does it restore the spirit by causing one to be born again into a true and living hope to the true and living God.

That you're being born again. You're having a new spirit. You're no longer totally depraved.

So that is how God and how Christians care for the spirit. Now, how does the body come into play? What happens? Well, like we just talked about in terms of physiognomy, you'll get more beautiful, baby. Which sounds so ridiculous.

That's why you're being a Christian. But look, here's why this is true. Okay, bear with me.

When you become a Christian, instead of sitting in your mom's basement and watching porn and wasting away and not trying hard at work and just using other people for your own game and getting married and getting divorced or never getting married and just sleeping around and always being stressed out because nobody cares about you. You don't have any real friends. You don't have any community to go to besides when you go to your pro-abortion rallies and your other blue-haired fatties are there with you yelling and screaming and acting crazy and being stressed out and your cortisol spiking in your body.

And then you go home and your hair is falling out because your hormones are out of whack. Like that's going to be your reality, right? You're going to love your sin. You're going to be enslaved by your sin.

You're going to be full of shame and guilt. And you're going to experience that all the time. Your bones are going to waste away like David said.

But guess what? When you become a Christian, all that goes away, baby. God has redeemed you. You're free from your sin.

You're no longer a slave. You get to be freely a son of God. Okay? And then once that happens, you start working hard at work, baby.

You love to be out in the sun. You love to see creation. Nature is actually beautiful to you.

You understand where it comes from. You love to be outside and put your feet down on the ground and get sun. Work out.

Use your body. Go enjoy life. Love your wife.

Love your kids. Spend time with people. You're not stressed out all the time.

Even death doesn't stress you out because you know death has lost a sting in Christ. You're going to get more beautiful, baby. You're going to start loving beautiful things.

Yeah, and then also, sorry, can I bring up a verse real quick? Yeah, bring up a verse. This is Psalm 127. Don't do that one.

No, I'm sorry. Dude, you're going to love this. Okay, hit me.

Accept the Lord build the house. They labor in vain to build it. Okay? Yeah, I'm trying.

It includes the body. Yeah. All right.

So you can be Christian. The Lord's going to start building your body. Yep.

Okay. Accept the Lord keep the city, the watchman, wake up in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows.

For so he giveth his beloved sleep. Yes. So yeah, it's like in Christ, we have purpose, meaning, value, and we can rest.

Time is on our side now instead of working against us. Exactly. So I mean, that's part of the reason the pagans are so stressed and they have all these effects physically is because the time is literally working against them.

They're only moving toward death and they have no hope. But in Christ, time is on our side and we have a hope. Exactly.

Yeah. Honestly, like to think that Christianity doesn't impact like sleep apnea, your facial structure, how often you're stressed. If you have a desire to work out and to actually use your body.

There's a reason why like the raw egg stuff on Twitter and I saw an article that like why your average Jim bro is like more prone to be like a conservative Christian or something. Like these men that go and work out, that use their bodies are usually conservative, leaning people that love truth and they're good looking dudes, good looking normal dudes. Why? Because the truth is better.

Truth produces, truth produces muscles. I think come on, doesn't it? Doesn't it? Yeah, dude, I'm on board with that. Yeah.

So when I'm just saying you don't think Jesus was like toned and fit. He was a carpenter. He probably looked like a normal strapping young man.

He looked normal. Yeah. They all, all of them were.

But guess what? When John the Baptist comes out to greet the people or sorry, when the people are asking about John the Baptist to Jesus and I think it's Matthew like 11. And he said, what did you come out to see? A reed shaken by the wind. Did you come out to see a toothpick pro abortion guy? Right? A reed shaken by the wind, a thin plant that shakes in the wind.

No. Did you come out to see a man dressed in soft clothing? No, that's a little chunky. He's soft.

No, you didn't come out to see a man like that. Those people are in King's Palace. Those things are in King's Palace.

I bet John the Baptist was semi-yoked. Probably lived in the wilderness. He lived in the wilderness.

King David fought off bears. Yeah. Why is your blue collar normal looking strong man more prone to be conservative? Because he understands what hard work is.

And that actually is important in the Christian world. You speaks about that. Yeah, he's living more so within God's order, even if he's not a Christian.

Exactly. So main point here, like Noah said, the verses we read, bodily training is of some use. The Christian life is going to make you want to do that.

Take care of your body, offer your body as living sacrifices, which includes maybe something as simple as building the linen, the ephed for the priest to wear back in Exodus. That was their spiritual worship. There was a guy that sat there and met that.

There was a tailor. They're like, think about Ezra and Nehemiah when they go back and rebuild the wall in the temple. It was their spiritual act of worship to sit there and be a stonemason and cut stone all day long and just get jacked.

They were jacked at it. That's good. It's good to be like that.

It's good to be a strong man. Yeah, it's just a byproduct of following God's law. Yeah, you won't be a glutton that comes to poverty.

That's Proverbs 23. You're not going to be like a slugger that turns in his bed like the door that turns on a hinge. It just opens and close, opens and close.

It never gets anywhere. It just sit in bed and just turn all day long. That's what the slugger does.

That's what the non-believer does. Not every non-believer, but generally speaking, lazy

people in society are pagans. Pagans.

Christians ought to be people that inspire others and you ought to be a man or a woman that helps other people build up their body, that treats their body like a gift from God. And you shouldn't treat your body poor because we as men, we want to live long so we can take care of our bodies. And we as women, sorry, not me.

I'm not a woman. But women ought to want to live long too to take care of their kids and be a grandmother and pass things down to their grandchildren, to their granddaughters. Yeah, that's another thing.

In the past, the elders of the society have been the ones who maintain reason and wisdom. But now we have more so generations of elderly people who just waste away in old homes, who get dementia and they can't even think straight, they can't remember, even their own family. Exactly.

And that wisdom is just lost. To the detriment of young people like our age. Yeah, yep.

It's just sad, but that's just what happens when a society is led away, captive by their sin. Exactly. And the Christian will think critically about the things we talked about at the beginning of the podcast.

They'll see through the lies. They'll see, wow, they'll connect very simple dots. Okay, my mom breastfed me with raw human breast milk.

I should probably drink raw cow milk. That's probably not bad for me because I'm not an idiot. I'm not a pagan that can't connect dots.

Yeah, what they do before a pet truth station. Exactly. Just gonna drink it.

So, and it's not that atheists will be stupid as it have a low IQ, but they will be fools. They won't be able to connect simple dots because they don't have the simple truth of Christ's lordship. Very simple things.

And which it's gonna, and it has, it's gonna destroy their research like we already talked about. So the Christian is gonna come in and say, actually, here's the truth. Jesus is Lord, therefore raw milk.

Jesus is Lord, therefore big muscles. Jesus is Lord, therefore beauty. Good looking people.

A controlled spirit, godly women, beautiful women. Jesus, therefore those things. Yeah, self-discipline too.

Yeah, self-discipline. All these things we've talked about. Jesus Christ informs those things, gives a foundation for those things, and they hope to want to do those things.

It gives us a desire, a meaning of life. Therefore, we go out and we do work out. We do spend time working on our bodies so we can live long and be strong for our family as men.

And for him. And for him. Yeah, be strong for Jesus.

Get yoked for Jesus. But don't be a fag and go wear a bro tank out in public to show it off. That's gay.

Yeah. You know why? Because you want everybody to look at your body. That's gay.

You know who should be looking at your body? Your wife and your wife alone. Don't flaunt any of your muscle, anything about your body to the general populace. That's not what a Christian man does.

So Christian men will act like that. Christian women won't be flaunting their beauty, their beautiful bodies, their beautiful, what they are. So obviously it's going to be, we have God's law to inform us how we walk these things out.

But at the end of the day, Christians ought to care for both body and soul. We shouldn't just leave that realm to be decided by secular science to figure out what food I'm going to eat. No, Jesus tells you what food to eat.

He says, I'm going to give you a land full of milk and honey. Right? So don't let, as a Christian, maybe here's the main takeaway, here's where we wrap up. As a Christian, do not let unbelievers dictate how you use your body, what you put into your body.

Yeah, we see how they... Including vaccines. They do, yeah. Yeah.

See how it turns out for them. Yeah, if they want to live in their folly, then they can do that. They trust their version of science.

Scientificism. But Christians should just trust God. Don't jump on the bandwagon.

Christians need to be much more patient on just adopting random stuff like, okay, for thousands of years, Christians, or people have been eating salt, copious amounts. Okay, last, whatever, less than a hundred years. All of a sudden, salt's not bad for your health.

Oh, wow. You know, sure. Right? Be slow as a Christian to just adopt random stuff that non-believing people tell you.

Yeah. Somewhat critical. Exactly.

Not really critical, but... Yeah. Okay, any last thoughts, Noah? Um... I mean, I guess I would just point out, like re-emphasize how Christians ought to be beautiful. That ought to be what's natural for Christians.

I mean, we ought to be a people that stand out, and because we're not Gnostic, then, like, that's okay. That's how it ought to be. Exactly.

Amen. We're living within God's created order. We know we have all things in Christ.

Yep. So... Amen. So, honestly, dude, a great segue into the next hour of this podcast.

I'm just kidding. No, but this is going to be a future episode that we're going to do. It just came to my mind, but we need to talk about it.

Why Christians ought to dress well. Dress well through church. Present yourself well.

If we actually care about the body, do we also care about the way we present our bodies in terms of our dress? Nope. Okay, so, yes, we should care about that, and we'll do an episode about that eventually. Why Christians ought to dress well.

Dress well to church. If you should take care of your body in the sense of working out and doing things internally to give you health, why not externally should you exude beauty, which should be internally analogous to the beauty of your soul being redeemed in Christ? If you're not dressing your tip top for Sunday service, you're living in sin. I agree.

Honestly, I would change the word tip top. If you're not... Within your means. If you're not... Yeah, if you're not dressing differently to go and worship with your brothers and sisters, you are sinning against your brothers and sisters and treating them like any other person.

Okay. Christ, you're going to be the king to worship. Exactly.

Amen. That'll look good. Better look good, baby.

All right. I think we'll wrap it there. We're going to land this plane on the tarmac.

Sound good? Dude, that's not great. It's a tarmac, right? I think so. Yeah, tarmac.

Tarmac. Tarmac. That sounded good.

Okay, so as we wrap up here, I want to remind everybody that you can go to forthekeingpodcast.com and look at episodes there. I've got some resources on the website and some blogs I've been writing. It's also my blog there if you want to see things I've written.

You can check me out on Twitter @forthekeingpod or @gab@forthekeingpod. I post stuff on there frequently. Check out Noep.

He has a 2 electric on both gab and Twitter. I'll tag him when I upload it on social media. I'll tag him so you guys can go check out what he's doing.

I think that's the main chest baby. So I always end with the doxology in 1st Timothy 1 17 to the king of the ages. Immortal, invisible, the only God.

Be honor and glory forever and ever. Amen. Amen.

Solely, day of glory. Amen. Amen.

Amen. Amen. Amen.

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