

## Encountering Freedom in 2025 - 7 - HOW SPIRITUAL GENETICS WORK

### I. OUR GENETICS INFLUENCE MANY AREAS OF LIFE

#### A. HEREDITY- THE PAST, YOUR LIFE NOW AND THE FUTURE

1. **HAIR/ EYE COLOR, HEIGHT, CAPACITY, GIFTING, LIFESPAN AND HEALTH** - *Are all heavily influenced by DNA.*

**GENETICS RUN DEEP IN US - TWINS SEPARATED AT BIRTH - *The Jim Twins*, *James Lewis* and *James Springer*, is true. Separated at birth in **1940**, adopted by different families, and **reunited at age 39**. They discovered a shocking number of similarities in their lives. Parallel marital and parenting choices, identical **habits** like smoking the same brand of cigarettes, shared interests in hobbies and subjects, and even visiting the same beach on vacation.**

2. **LIFESTYLE DISEASES - CAN BE MITIGATED BY PERSONAL ACTION AND CHOICES** (*High BP, Heart Disease, Diabetes*)

3. **YOUR BEST VERSION IS STILL WAITING FOR YOU - EMBRACE YOUR LATEST UPDATE BY MAKING DIFFERENT CHOICES FOR YOURSELF!** *Smoking, Alcohol, Sugar, Inactivity*

**ILLUSTRATION - GENE EXPRESSION CAN CHANGE-TWINS IN SPACE - MARK AND SCOTT KELLY. Differences in Telomere length - **EYEBALLS** different, **Cognitive abilities** different**

- B. **EPIGENETICS - *ENVIRONMENT affects our genetic expression, TOXINS, TRAUMA, NUTRITION. THESE ALL INFLUENCE GENE EXPRESSION WITHOUT ALTERING the UNDERLYING DNA. THE **EPIGENOME** IS RESPONSIBLE FOR TURNING GENES OFF OR ON. IT INVOLVES CHEMICAL MODIFICATIONS TO DNA AND PROTEINS which may be temporary or permanent to **EXTENDING LIFESPAN AND HEALTHSPAN**. The epigenome plays a crucial role in the development of diseases like cancer.***

#### C. GENETICS AND HEALTH - Is INHERITED DISEASE INEVITABLE?

1. **EXERCISE/ SLEEP / STRESS REDUCTION / NUTRITION**

- **Exercise Benefits** - *Hormesis (good stress), fitness - muscle and*

*bone health, circulation. **Peter Attia: “Strength and VO2MAX greatest predictors for longevity”.***

- **Sleep is the single biggest contributor to overall health**
- **DNA Methylation** - switching genes on and off. FOODS CAN EFFECT METHYLATION and gene expression. **YOUNGER YOU**
- **Stress reduction - Stress impacts hormones**, leading to symptoms like anxiety, depression, fatigue, and insomnia. When under stress, the body releases hormones like **adrenaline and cortisol**, which can cause an **increased heart rate and high blood pressure**.
- **Our Healthspan is the quality of life we maintain throughout our entire life.** *Most Americans spend final 16 years of life dealing with progressively worsening health conditions / diseases.*

**GARY BREKA (BIO-HACKS), PETER ATTIA (OUTLIVE - Science and Art of Longevity), KARA FITZGERALD (YOUNGER YOU), DAVID SINCLAIR (LIFESPAN)**

## **2. RECENT SCIENTIFIC BIOLOGICAL DISCOVERIES: AUTOPHAGY, CELLULAR ENERGY FROM MITOCHONDRIA AND CELLULAR REGENERATION**

**Autophagy** is about **recycling of senescent cells**, happens continually but especially at night and **during fasting** periods. **Mitochondria** are organelles (structures - like organs in our body) within cells that **convert food into energy** through a process called aerobic respiration, generating **adenosine triphosphate (ATP)** for cellular functions. Involved in many cellular processes like cell death (**APOPTOSIS**). **Some cells** (stomach lining) are replaced **every few days** and **some cells** (fat cells) are **only replaced every 10 years**. Eye and tooth enamel cells are never replaced throughout your life.

***SCIENTISTS ARE GREATEST PROPONENTS FOR THE POSSIBILITY OF MUCH LONGER, HEALTHIER LIFE!  
THEY SHOULD NOT HAVE MORE FAITH THAN CHRISTIANS!***

## **3. LONGEVITY AND DIVINE HEALTH SHOULD BE OUR CRY!**

- **WE WERE DESIGNED TO NEVER DIE - Sin ruined that!** *The Human Body has amazing self-healing capabilities. **WHAT IF WE COULD RECOVER EVEN A PORTION OF ORIGINAL CAPACITY?** MODERN SCIENCE THINKS WE CAN LIVE MUCH LONGER than we do. WE DON'T CURRENTLY EVEN REACH 120 YEARS. **DON'T AIM LOW***  
MOSES-120, JOSHUA- 110, ABRAHAM-175 (Because of justified by faith?), SARAH-127, CALEB-85 WHEN HE DECIDED TO TAKE ON GIANTS
- **IF SIN IS THE CAUSE OF DEATH, Jesus would have lived forever without facing death - except for the cross.** *His sacrifice opened unending life up for us. WHO DECIDED ETERNAL LIFE IS ONLY FOR HEAVEN?*
- **IS LIVING IN HEALTH POSSIBLE? YES! CHANGE YOUR MINDSET AND CHANGE YOUR HABITS!**

## II. **DOES DIVINE HEALTH WORK? RECLAIM HEALTH FOR your bloodline!** *LONG LIFE IS A REWARD FROM GOD TO BELIEVERS*

- **WALKING WITH GOD AND KEEPING HIS WORD CAN LENGTHENS OUR LIFE** *(Enoch is prime example with Elijah following up as a close second)*

**Prov. 3:1** *My son, do not forget my law, But let your heart keep my commands;*  
**2** *For length of days and long life And peace they will add to you.*

**Ps. 91:14** *“Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name **15** He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. **16** With long life I will satisfy him, And show him My salvation.”*

**1 Kings 3:14** *So if you (Solomon) walk in My ways, to keep My statutes and My commandments, as your father David walked, then I will lengthen your days.”*  
*(Conditional)*

### 1. **ABIDING AND COMMUNING WITH HIS PRESENCE** *RELEASES LIFE - HOLY COMMUNION / WORSHIP/ PRAYER*

**John 6:53** *Then Jesus said to them, “Most assuredly, I say to you, unless you*

eat the flesh of the Son of Man and drink His blood, you have no life in you. **54** Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. **55** For My flesh is food indeed, and My blood is drink indeed. **56** He who eats My flesh and **drinks My blood abides in Me**, and I in him. **57** As the living Father sent Me, and I live because of the Father, so **he who feeds on Me will live because of Me**.

## 2. LOVING WITH HIS LOVE RELEASES LIFE IN US - 1 John 3:14

**1John 3:14** We know that we have passed from death to life, **because we love the brethren**. He who does not love his brother abides in death.

## 3. WAITING (**ATTENDING**) ON GOD RESTORES ENERGY AND RENEWS YOUTH

**Isaiah 40:28** Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. **29** He gives power to the weak, And to those who have no might He increases strength. **30** Even the youths shall faint and be weary, And the young men shall utterly fall, **31** But **those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.**

## 4. **BELIEF IN CHRIST INCREASES LIFE** (Verses faith in Christ)

**John 11:25** Jesus said to her, **"I am the resurrection and the life.** He who believes in Me, though he may die, he shall live. **26** And whoever lives and believes in Me shall never die. **Do you believe this?"** (Martha - **"at Last Day"**)

## 5. HIS GLORY RELEASES LIFE IN US! (Moses 120, Abraham 175, Enoch is still going). **LIFE AND DEATH can both be working in us, but LIFE WINS. Martyr's REAL.**

**2 Cor. 4:6** For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

**2Cor. 4:7** But **we have this treasure in earthen vessels**, that the **excellence of the power may be of God and not of us**. **8** We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; **9** persecuted, but not forsaken; struck down, but not destroyed— **10** always carrying about in the body the dying of the Lord Jesus, **that the life of Jesus also may be manifested in our body**. **11** For **we who live are always delivered to death (Martyrdom NOT**

*sickness) for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. 12 So then death is working in us, but life in you. (Sacrifice releases glory)*

6. **TRANSFORMATIONAL POWER COMES BY HIS SPIRIT FOR INCREASED GLORY - EXPOSURE TO HIS GLORY CHANGES US!**

*2 Cor 3:17 Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. 18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are **being transformed into the same image** from glory to glory, just as by the Spirit of the Lord. (NOT ONLY CHARACTER BUT QUALITY OF LIFE)*

7. **WE MUST CANCEL OUR SUBSCRIPTION TO THE THIEF AND EMBRACE REALITY OF ABUNDANT LIFE - NEW MINDSET!**

*John 10:10 The thief does not come **except to steal, and to kill, and to destroy**. I have come **that they may have life**, and that they may have it **more abundantly**.*

### III. **OUR SPIRITUAL GENETICS ONLY CHANGE IN CHRIST!** *WHAT YOU DO OR DON'T DO CAN IMPACT YOUR LIFE AND BLOODLINE!*

*Prov. 13:22 A good man leaves an inheritance to his **children's children**, But **the** wealth of **the** sinner is stored up for **the** righteous.*

*Psa. 112:1 Praise the LORD! Blessed is the man who fears the LORD, Who delights greatly in His commandments. 2 His descendants will be mighty on earth; The generation of the upright will be blessed. 3 Wealth and riches will be in his house, And his righteousness endures forever.*

1. **DEAL WITH STRONGHOLDS - GENERATIONAL LIES WE BELIEVE CAN CORRUPT THE CULTURE OF OUR FAMILY AND PERPETUATE SIN IN OUR BLOODLINE**
2. **REPENT OF IDOL WORSHIP IN OUR GENETIC HISTORY (DEMONIC ACTIVITY THROUGH OUR FAMILY SIN) CAN PERPETUATE GENERATIONAL BONDAGE IN EVERY GENERATION**
3. **RENOUNCE ALL COVENANTS AND AGREEMENTS AND**

**RENEW OUR COVENANT WITH THE LORD. TRADING WITH IDOLS, DEMONS AND ENTITIES CREATES ACCESS TO OUR BLOODLINE. Addictions/ sexual sin/ power/ prosperity**

4. **HONOR THE RIGHTEOUSNESS AND FAITH WITHIN OUR BLOODLINE BECAUSE IT CAN IMPACT A THOUSAND GENERATIONS**
5. **EMBRACE THE FORCE AND IMPACT OF THE BLOOD OF CHRIST BEYOND SALVATION IN YOUR BLOODLINE. HOW FAR DOES RESTORATION GO?**

**ABRAHAM JUSTIFIED BY FAITH BECAUSE HE BELIEVED GOD. HE IS THE PROTOTYPE FOR OUR FAITH. 175. Five more children**

**MY STORY- CANCER DIAGNOSIS. CHALLENGED MY CONVICTION ABOUT LONG LIFE. I CHOSE TO KEEP BELIEVING. MY HEALTH IS STRONG. IF I AM WRONG I WILL DIE. I WOULD DIE ANYWAY, SO RATHER THAN ACCEPT THAT, I CHOSE TO BELIEVE FOR LIFE INSTEAD. **LIFE FOR MY BLOODLINE.** I DON'T CARE IF I'M DISAPPOINTED. I WILL LIVE EVERY MOMENT TO THE FULLEST ANYWAY!**

**MY GENETICS AND MY BLOODLINE ARE WASHED IN THE BLOOD OF JESUS! JESUS IS REDEEMING MY BLOODLINE DOWN TO MY GENES. ALL OF ME**