

Subject: Update from Mark Grenon and Sons (March)

From: Mark Grenon <jestadds@gmail.com>

Date: 3/3/23, 13:27

To: <ac0xl.ham@gmail.com>

Update from Mark Grenon and sons.

Being held now for 965 days and still "relatively healthy" is first due to the blessings of God and secondly because of others things we are doing physically. Daniel and his three Hebrew countrymen taken captive to Babylon did not eat what they were given. In Daniel Chapter 1 verse 8 "But Daniel purposed in his heart that he would not defile himself with the portion of the kings meat, nor with the wine which he drank". In verse 1:15 It states, "and at the end of 10 days there countenance appeared fairer and fatter in flesh than all the children which did eat the portion of the kings meat". Back in Daniels time there were no "processed foods" or chemicals etc.... all foods were organic and natural as a whole. My sons and I try to only eat the "real foods". This is why we "have to buy" each month from the jail store, the commissary. We buy the olive oil, the honey, the nuts and raisins, granola cereal, the fish(that are packaged but has proteins and fats), the hot sauces such as jalapenos and chilis which help the intestines and the blood and some of the packaged sausages for the extra proteins also.

The rest of the "foods" are highly processed, sugary and not very nutritious. We do buy some of the salted chips and popcorns for the salt, which we don't get much of here. We also make things that help our digestive enzymes and bacterias work better.

What are the things that are keeping us alive and getting us stronger?

We are working out, doing a lot of calisthenics and sweating. But without proteins it is more difficult to build muscle tissue. I initially lost 22 pounds the first month after being kidnapped in Colombia. I then started eating as many proteins as I could in Colombia and exercising which brought back the weight and muscle. I arrived in the U.S. of August of 2022, 2 years after my sons Jonathan and Jordan were arrested in Florida. When I arrived I was skinny

again due to lack of nutrition and exercise. Joseph was brought to the United States 8 months before me and I had lost my desire to exercise and eat as well as I was before. Joseph was arrested the same day I was in August of 2020 so why was he taken 8 months before me? The reason is the so called "Department of Justice" didn't want us to have a speedy and fair trial. In fact the indictment did not exist until 9 months after being arrested and Joe and I did not receive it until we arrived in the United States years later. We are being denied our God-given rights guaranteed by the Bible and the U.S Constitution and this has to be stopped. We have had many more "due process" violations committed against us and this is why we are petitioning the Supreme Court for a hearing soon. Pray that the petition is accepted. We no longer live in a Constitutional Republic folks.

Getting back to our health in jail, Jonathan and I are working out 6 times a week and I am now getting stronger again. Another thing we do is fast one day a week to maintain spiritual and physical strength. Fasting is noticed by the LORD if it is done for the right reason. Read Isaiah 58 and you will see the right way to fast and the wrong way or reason to fast. In chapter 58 the people were complaining that the LORD wasn't listening to them and He responded by telling them they were fasting for the wrong reasons. It was for selfish reasons and to show their self-righteousness and not for justice and to help others. So that type of fast wasn't acceptable to the LORD. The fast that God wants is one that is from the heart and to help others and not to show others your "sacrifice". Jesus mentioned this also in Matthew 6:16-18, "More over when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward." (That was a bad fast). (Here is the right type of fast) "But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret, shall reward thee openly." Also in Isaiah 58 a good and correct fast will result in the following to others and yourself:

1. "Loose the bands of wickedness"
2. "Undo the heavy burdens"
3. "Let the oppressed go free"
4. "Break every yoke"
5. "Deal thy bread to the hungry"
6. "Bring the poor (homeless) to your house"
7. "Clothe the naked"
8. "Help your own family"

If the motivation of your fast is to help others and break the spiritual oppression

in their lives and physically benefit others and your families, then you are fasting correctly in Gods eyes. This is what we are asking God to do when we are fasting each week; help us to help others here while imprisoned. We are also asking the LORD to release us so that we can continue to love and help "Our neighbors" throughout this world by what we were doing in the Genesis II Church of Health and Healing. With that attitude the LORD promises the following results:

1. "Light" will break forth as the morning. Wisdom and Spiritual illumination to guide you.
2. "Health will be restored". I have seen this is my own life and many others I know that fast. Fasting cleanses and detoxes the body!
3. Your righteousness will be seen of many.
4. The Glory of God will be with you and Shine through you.
5. God will not only hear your prayers but answer them and be with you in a very real way! You will feel His presence and His voice speaking to you. Note: When God answers prayer it is not always YES, it can be NO or WAIT, but He will answer.
6. You will look at others differently and care for them.
7. You will think about the condition of the souls of others, spiritually and physically and by doing so your "Light" will shine as the noonday!
8. The LORD will guide you.
9. He will satisfy you.
10. Your bones will be strengthened. I.E. Health.
11. You will be like a "watered garden". See Psalm 1
12. You will "build up" things that were torn apart.
13. You will be blessed as well as your children and be known as a building up of good things and not a destroyer.

My friends, we as believers need to fast correctly, if we do the LORD will blessed and guide us and we will be able to help many. We have seen the LORD do this to us here while being held captive, help our families as well as sharing the Truth with many on the outside. We know the LORD is going to "set us free" and when He does, we will be able to help many others again worldwide spiritually and physically! Please pray for us and fast for us. We have seen fasting help us physically/Spiritually as well as I know will help you also in those areas. Please share our story with many.

The documentaries explain a lot of our story and why we are being so strongly persecuted.

*** Our first documentary was republished by G. Edwin Griffin at
rumble.com under the title "Chlorine Dioxide, The Universal Remedy that
Drug Companies Hate."**

***See also www.theuniversalantidote.com**

***My books that tell the story of the Genesis II Church in detail are found at
www.printshopcentral.com/bookstore and search for "Imagine a World
Without DIS-EASE Volumes 1-3" by Mark S. Grenon**

*** eBooks are found at www.markgrenonbooks.ecwid.com**

*** If you can help us with finances please pray what the LORD would have
you do before donating to our paypal or purchase the ebooks at:**

Paypal: bishopmark@protonmail.com

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**Also here is the recent interview that Jonathan and I did:
<https://www.brighteon.com> CLO2TV:**

Mark

May the Lord Guide us all to stand for the Truth.

mark-scott:grenon

Proverbs 3:5-6

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