

Bible Garden Checklist

Growing in the word, resetting the vessel

"My mind is clear and my heart is bright, I start this week in the Creator's light."

The Daily Intake: Have I Fueled the Vessel Today?

The Bible Garden is the foundational restoration of the physical vessel. Before the spirit can soar and the mind can decode, the temple must be cleansed. This is the "Bio-Hacking of the Kingdom"—a return to the original dietary blueprints established in Genesis to optimize the body for a higher spiritual frequency.

The Genesis Blueprint

In the beginning, God provided a specific fuel source designed precisely for the human machine. This is more than mere nutrition; it is a resonance match for our DNA.

- Living Foods: Fruits, vegetables, and seeds that carry the vibrant, electrical charge of creation.
- The Vessel Cleanse: Intentionally removing the "static" of processed chemicals and stimulants that block spiritual receptivity.
- Structural Integrity: Treating the body strictly as the Temple of the Holy Spirit, rather than a convenience-driven waste site.

"Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'" — Genesis 1:29

The Result: A Tuned Vessel

When the Bible Garden is cultivated within, the fog of the world lifts. The brain clears, the energy stabilizes, and you become a finely tuned instrument capable of hearing the whispers of the Spirit.

1. The Fuel: What Went In?

- Seed-Bearing Fruits & Vegetables (Genesis 1:29): Did I include living enzymes and plant-based energy today?
- Whole Grains & Legumes: Am I fueling with the foundational sustenance provided for the earth?
- Pure Water Intake: Am I flushing the vessel to keep the blood pure and the frequency clear?

2. The Wall of Protection: Have I Avoided the Unclean?

- Identification of Scavengers: Have I checked for and avoided unclean animal products as outlined in Leviticus 11?
- Rejection of Toxins: Have I actively rejected highly processed foods that cloud the mind and body?

3. The Preparation: Have I Collected What I Need?

- Pure Ingredients for the Week: Do I have raw, wholesome foods ready so I don't default to convenience?
- Meal Timing & Fasts: Have I planned my eating windows to allow the body adequate time to rest and repair?
- Cleansing Tools: Do I have the natural herbs or supplements required for proper detoxification?

4. The Spirit of the Meal: The Final Connection

- Prayer of Sanctification: Did I bless the fuel and dedicate the energy gained back to the Kingdom?
- Eating in Peace: Did I consume my food in a genuine state of gratitude rather than stress?

**Eat from the garden, stay faithful and true, to nourish the vessel He fashioned for you.
Every meal is either building the temple or tearing it down. Choose the design of the Creator.**

**"May the source of love & light illuminate my way, dwell within my soul, and guide me each and every day."
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