

**A HANDBOOK
FOR
Potential
and
Present
COLLEGE
STUDENTS**

A guide to maintaining a Christ-focused,
stress free and successful college life.

Cleveland Rolle, Jr.

Unless otherwise indicated, all Scripture quotations are from the King James Version (KJV) of the Bible.

Copyright © Cleveland Rolle, Jr.- 2006

All rights reserved. No part or portion of this book may be reproduced in any form without the written consent of the author.

**A HANDBOOK FOR POTENTIAL AND PRESENT
COLLEGE STUDENTS**

By Cleveland Rolle, Jr.

Published by:



One Rib Publications

P.O. Box CB 11968

Nassau, Bahamas

Tel: (242) 322-5281

Fax: (242) 322-5282

E-Mail: sales@oneribpublications.com

Website: www.oneribpublications.com

Cover Design & Layout by:

Marlon & Joanne Nicolls

ISBN: 1-56229-036-3

For Worldwide Distribution

Printed in the United States of America

Dedication

This book is dedicated to all potential and present college students.

Acknowledgements

I would like to thank the Lord, Jesus Christ, for giving me the inspiration to write this book.

I am also grateful to my parents, Cleveland and Marisa Rolle, for their support and encouragement.

Contents

PREFACE	6
SCRIPTURES OF ENCOURAGEMENT	7
1. FOOD FOR THOUGHT	9
2. COLLEGE PREPARATION [General things needed for your living ease]	14
3. ADVICE FOR OBTAINING AND MAINTAINING FINANCIAL SUCCESS	20
4. MAINTAINING A GREAT RELATIONSHIP.. • with your room-mates	24
• with your apartment staff	25
5. MISCELLANEOUS ADVICE	26
• Purchasing a Cell Phone	26
• Dealing with Those Lonely Days	27
• Advice on Securing Your Keys	27
6. EVERY DAY LIFE QUOTES OF THE AVERAGE COLLEGE STUDENTS	28
7. BAD CHOICES AND THEIR CONSEQUENCES	29
8. A SUGGESTED SCHEDULE FOR DAILY COLLEGE LIVING	37
9. WORDS OF WISDOM FOR BELIEVERS IN CHRIST	40
SINNER'S PRAYER	54

PREFACE

I know that it is not easy leaving family and friends to go to another country to live. When I left the Bahamas to go to the United States I have experienced times of pain, confusion, and loneliness because I would not bow to the temptations of the secular world. It was during this time that the Lord had inspired me to write this book.

My prayer is that this book will help college students to avoid the pitfalls of life's traps, such as temptations and as a result bad choices. I am confident that this book will make your college life a smooth road to ride on.

I am not a super Christian. I am just a God-fearing person striving to be obedient to the Lord Jesus Christ, and allowing His will to be manifested in my life.

My prayer is for the students to read this book with an open mind so that they can experience a stress-free, Christ-focused, and successful college life. I also pray that those who do not know the Lord will accept Him as their personal Savior.

SCRIPTURES OF ENCOURAGEMENT

Psalm 91

(Dwell in Christ and He will keep you safe, and
fight your battles.)

Proverbs 3:5-6

(In all your ways acknowledgement Him and He
shall direct your path.)

James 1:21-22

(Be doers of the Word, not just hearers)

Psalms 23

(The Lord is your shepherd)

Acts 13:38-39

(Jesus is the answer to all your needs)

Read the entire book of **Proverbs** for WISDOM

Romans 8:28

(All things work together for good to them that
Love the Lord)

Psalm 119:133

(Order my steps, let no iniquity have dominion
over me)

Psalm 119:63

(Guidance for choosing the right friends)

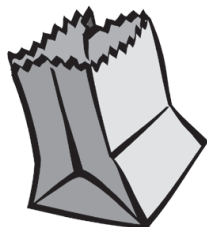
Hebrews 13:5; 2 Cor. 4:8-9

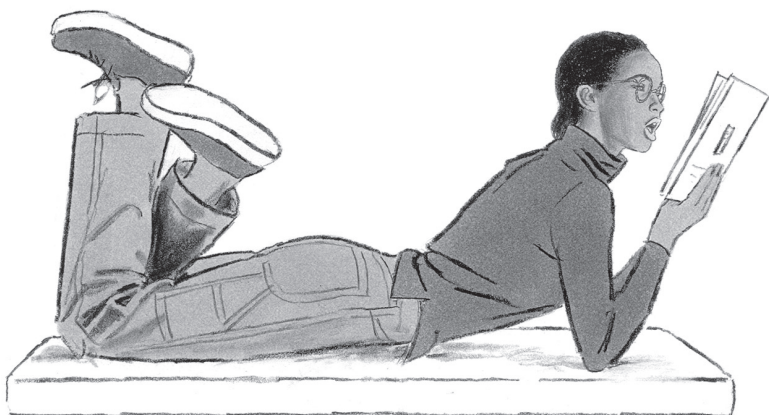
(Jesus will never forsake you).

CHAPTER ONE

FOOD FOR THOUGHT

- ✓ Pray over your house using olive oil for protection for traditional reasons (you want to use the best for God) - and it never dries off. You have to at least feel safe at home for goodness sake!!
- ✓ Get your vitamins, protein shakes, and stuff like that to take care of your precious body. 😊
- ✓ Get a fireproof safe from a store, maybe Wal-Mart, and store all-important information in it. Secure it in a hidden and safe place. (You know where to hide your important items).
- ✓ Keep your bags that you get from the supermarket for storing garbage.
- ✓ Get to know people. You just might need a ride someplace to purchase something and wish you did!



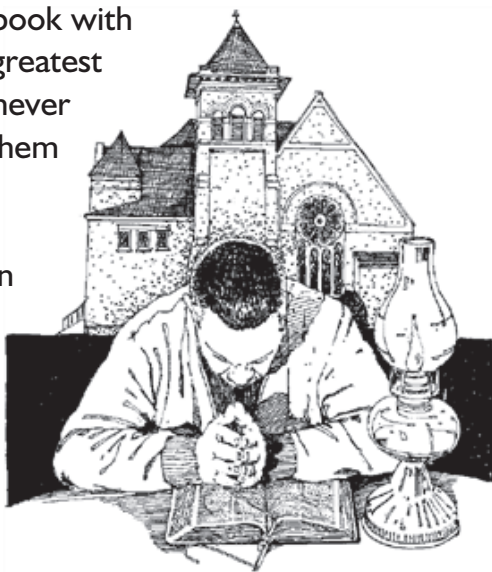


- ✓ Study your work as if the teacher told you that you have to teach the class. Study as if you were the teacher 😊.
- ✓ If you use the bus system and your school doesn't pay for it, buy the card at a discounted price from your school.
- ✓ You are more likely to be like those you spend the most time with so be watchful of the type of individuals you hang out with! Hang around people who have a good character, a good personality, and a positive attitude so it could rub off on you too!!!
- ✓ Stay on watch at all times. Be ready for anything that comes your way. To do this means to keep your mind clear at all times. No drinking, smoking or doing things that will affect you negatively. Okay?...



- ✓ You can do everything, but not everything is good for you.
- ✓ Have respect for your elders.
- ✓ Don't let anyone look down on you because you are young, but be an example for the believers in your love, your conduct, faith and purity.
- ✓ Don't worry!! That is not of God, but of the devil. Besides what do you have to worry about if you letting God handle your business.
- ✓ Earn your respect!! Don't let anyone disrespect you! (Be wise)
- ✓ See to it that no one enslaves you by means of worthless deceit.
- ✓ **Work, Work, Work, then rest, eat, sleep (8 hours all the time, your body at least deserves that from you). Drink a lot of water to keep you fresh and HYDRATED ☺. Get up fresh the next morning and repeat☺. That's the routine; know what you came to college for and what your goals are.**
- ✓ Don't be afraid of your enemies, always be courageous, and this will prove to them that they will lose and that you will win because it is God who gives you the victory. For you have been given the privilege of serving Christ, not only by believing on him, but also suffering for him (Proverbs 91).

- ✓ Who is getting on your nerves and have you sinning? Read Matthew 18-all, Galatians chapter 5-all, chapter 6 vs. 1-10 to see what God has to say about this.
- ✓ Who says you can't be happy! Warning: This applies only to the Bible followers and God-fearing. God wants you to be happy. So beeee!
- ✓ One of the tricks to always being happy is: Don't worry (God has your back in all areas, and the front). As soon as someone wrongs you, **forgive that person**. Even those who in the past that still are in your memory today!! (Romans 8:28; Ps. 91; 1 Pet. 5:7)
- ✓ **Read God's Word!** It's your instructions for life and all of its problems. It's God talking to you. Parable: (If a baker was given a book with the world's greatest recipes and never tries any of them or to read it, what has he gained? Then two years later he decided to read it, he felt stupid



because all 24 months of those two years, he saw he could've used that book with the world's greatest recipes and gained until the day he died. He said that nothing that he could've ever thought of baking could've come close to the recipes in that book (2 Tim. 3:16).

- ☑ If you don't know God, you are missing out on all this good stuff and mooorrrrreeeee. Try Him and you will see for yourself how real He is. (Read page 54 which lists the steps for accepting the Lord as your personal savior and begin to live a prosperous life.)
- ☑ That's it for now, add as you wish 'Food For Thought'. Peace be with you.

CHAPTER TWO

COLLEGE PREPARATION

{General things needed for your
living ease}

General Items:

- Get a big UPS and surge protector from Best Buy, Circuit City or Wal-Mart for your delicate electronics devices, your fish tank or PC. You will definitely need this.
- Vacuum and broom
- You might want a voice recorder for taking notes while sleeping through classes 😊
- Computer with printer, Internet, scanner and games (portable)
- Video camera
- Flash lights (Maglites are best) and portable battery operated radios



- Good all around calculator (Scientific, Engineering, Standard)
- Books and papers of all types
- Stock up on pens, pencils, rubbers/erasers etc.
- Electric motorized sharpener for the professional pencil users



Kitchen Stuff:

- Old fashion Mop and Bucket 😊
- Whatever was in your family's kitchen that you liked and want for yours.
- **Water** - Stock up on water and use refill machines
- Spices and herbs for baking and cooking
- Dishwasher detergent and regular use detergent.
- Bleach



- Pots, pans, and utensils for baking and cooking, Wal-Mart has good prices on these.
- Mixer and blender
- Scrubbers, clothes, sponges, whatever can get the job done



Bathroom:

- Toothbrush and floss
- Air Freshener
- Pine sol
- Bleach
- Toilet cleaners, Ajax, Febreze
- Windex, deodorant, cologne
- Peroxide, alcohol, Band-aid, aloe and mineral ice (for massages and an aching body)
- Hair, eye (Renu eye washer) and skin products
- Lotion and Cocoa butter are good for skin
- Hand towels and bathing towels



- Toilet paper, scraper, plunger and garbage
- Soap and hand detergent
- Bathtub drape
- Hairbrush and comb, and shoe brush

Washroom:

- Downy
- Gain, Tide, etc
- Liquid detergent
- Clothesbasket



Living Room:

- Phonebooks (white and yellow)
- Magazines and books to read
- DVD player and Game for TV

Bedroom:

- Tissue by bed (easy access for those lazy bed-lovers!)
- Iron, starch spray and iron board



- Radio with various functions (2 tape decks (one for recording), CD player, mp3 if there, radio (FM-AM-weather-TV))
- Clocks: One big one to know what time it is and one next to your bed to wake you up with a loud annoying, head throbbing alarm ☺, and don't forget to turn it off, so it wouldn't annoy your roommates/ roommate)
- Storage container to keep items in. If you have a storage room, please use it
- Bed sheets, pillows, and pillow covers



- Window blinds and drapes
- Free weights, skipping rope, and scale to keep up with your health (strength - unisex), toning (women) and muscles (men))
- Garbage for trashing those junk
- Lamp for reading
- Hanger for hanging those fresh new clothes
- Stapler
- Umbrella (Get a heavy duty umbrella from Wal-Mart, in the sports section, it would not break easily ☺)





- Keep a stock of rechargeable and regular batteries. You'll save a whole lot of money yearly and you know you'll have power when you need it. This puts you ahead of the rest.
- Print out a calendar from Microsoft office template website and stick it on your wall.
- Sterilize everything. The remote, doors, door handles, bed, carpet, as if germs are on it. Do this once a month to lessen the chance of spreading diseases with roommates.
- Buy winter, summer, gym, church, regular-use and beach/pool clothes.
- Frames to store and hold pictures of whomever!
- Games for friends, family joining and fun, for example: Monopoly, UNO, checkers, dominoes, chess, bingo, you know
- Don't forget a bag for school, beach, gym, laptop and general purposes.
- Get some good music to play when you feel like doing so.

WARNING!!! Be careful not to invest in too much furniture or personal items, because when you have completed your college life, these items can become costly or a burden to ship back to your home site.

CHAPTER THREE

ADVICE FOR OBTAINING AND MAINTAINING FINANCIAL SUCCESS

- Use rebates if you can (the process may seem exhausted) but it's your money!! Get your rebates and your family members' own if they don't use it (you know how to work it) so you can have some extra cash!
- **Write down all monthly bills, big and small (get them out the way!). Then print them out and stick them on your wall and then add up the total. As soon as you get rid of your bills, or at least some, put this money aside in your safe for every month to pay these bills so you wouldn't have to worry about that stuff. Whatever extra is for you! For example: general rent bills, food bills, bus bills, car bills, electricity bill, internet bill, gym bill, apartment bills, blah, bluh, blah , blah, bluh etc....**
- Give to others (you are wise enough to know who, when and what.) and more will be given too you. Now you know why people don't give you anything!! (Lk. 6:38).



Saving:

One thing that I have found out is that the poor are getting poorer and the **rich** are getting richer.

Think and meditate about all the money that you have or had at ages 5 - 7 - 10 - 12 - 15 - 18 - 20 and so on... WHERE IS IT you may ask? For most of you will say 'gone' 😊 and don't forget those days when your pocket was fat beyond imaginable. However, you heard the song, "I just got paid and I got a little money to burn." You know what I mean 😊.

Here is how to get **rich** and stay rich.

1. Accept the Lord Jesus Christ into your personal life, and He will love you and give you all of your heart's desires; things that you didn't even deserve or worked for, such as Eternal Life (Heaven), Peace, Joy, Happiness, Wisdom, Knowledge, Understanding and Protection.
2. Pay 10% of your income (not bills and what you owe) to the Lord (tithes). This in itself actually teaches you how to save (Malachi 3:8-12).
3. Be creative in different ways as to how you can make money. You have a brain, USE IT! STAY LEGIT. No drugs, or robbing/stealing, nothing unclean or unholy (follow the ten commandments, you do good, good, and all good things will follow you and vice versa). For men shall work by the sweat of his brow. WORK, WORK, WORK (and being a bum, or a "Professional B-U-M" isn't a job 😊).
4. Now this is it, SAVE 20-percent of your income to become **rich** and save 25-50% of your income to become extremely **rich**.



If I had known this from when I was a packing boy, instead of buying pizza, Chinese sweet and sour chicken, shoes, clothes, and gadgets with that \$30 - 200 dollars a week; saving \$30 a month, in five years I would've had \$1,800 in my pocket 😊

Teach this to the young ones, they need it. Teach them to save just a dollar a day.

No more broke people in the world!

That's the key! 😊

So now it isn't whose pocket is fat, it's now whose pocket stays fattest the longest 😊.

CHAPTER FOUR

MAINTAINING A GREAT RELATIONSHIP...

with your room-mates

- Mind your own business and live a simple life (honest and Godly). (Less problems this way!... with no confusion)
- The less you talk, the less chance you have of getting yourself into problems.
- Be real, say what you have to say!!! You don't have any time to waste. Just be wise doing so
- Treat your roommate as if he or she was your brother or sister, not as a stranger. It makes it a lot easier to deal with them.
- Keep your apartment clean, the results will then be less chances of losing stuff and less confusion. Nobody wants to see a dirty house!!
- Communicate!!
- Say what is on your mind to each other in a Godly, peaceful way.
- Ask (if possible) a question everyday to keep

communication lines open because it leaves an opportunity for each to say what is on their mind. No issue should go unresolved. Pray first and ask Jesus to fix it for you as soon as a big issue (problem or situation) comes up. Confront the person in a Godly manner and deal with it, if not ask advice from an elder, church, older family member or a Christian. If you've done all you can, wait! Your answer and fixes will come eventually. You are God's child and you have to know that, act like His child should. Let Jesus handle everything and do as He says.

- Have respect for others and be aware of their problems, needs, and wants. Don't do things to irritate them (this will come back to you). Do things that you would want them to do to you.

MAINTAINING A GREAT RELATIONSHIP...

with your apartment staff

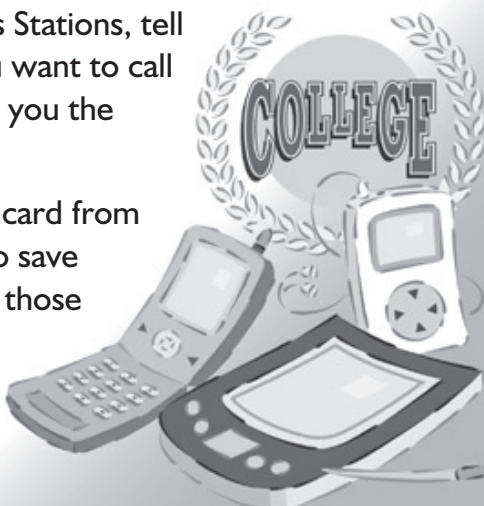
- Get to know the office employees at your apartment site so that they will know that you exist and you can keep up to date with the bills that **you have to** pay!

CHAPTER FIVE

MISCELLANEOUS
ADVICE**PURCHASING A CELL PHONE**

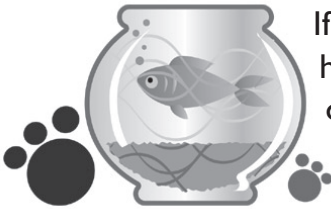
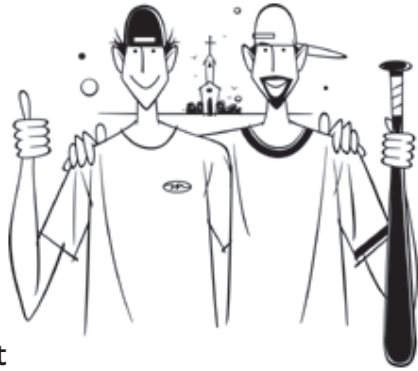
Get a phone; T-Mobile seems to be the best so far. Get 3000 minutes if you talk allloooottt. Get 600 minutes with free nights and weekends if you talk a little. Get prepaid if you can't get these. You normally would have to pay a big deposit fee for this but it's worth it. **YOU NEED A PHONE!!** So pay the fee. If you're making overseas call, please buy a phone card (a good one is Florida Gold - you can get these and all others from certain Gas Stations, tell them where you want to call and they will get you the right one ☺).

Get your phone card from the gas station to save some money on those long distance calls. INC and Florida Gold are good.



DEALING WITH THOSE LONELY DAYS

Plan things to do every week so you will never be unoccupied: Join a college club, a church meeting, a favorite sport in school, a gym, go shopping, or set plans for a friend to come over, you get the point.



If you can, please get a pet: fish, hamster or something to keep your company.

ADVICE ON SECURING YOUR KEYS

Get a BIG key chain for your keys so you wouldn't lose it. Copy all personal keys and put them in a safe place or with a parent or guardian or someone you can trust.



CHAPTER SIX

EVERY DAY LIFE QUOTES OF THE AVERAGE COLLEGE STUDENT

Common Quotes



"I could do what
I want!"

"I am young so let
me enjoy my life
while I can!"

(Eccles. 12; Isaiah 55:6;
Hebrews 12:17).

Yes you can, and you should too; but there is a good and a bad way to do everything. We must remember everything has consequences (Romans 6:23).

CHAPTER SEVEN

BAD CHOICES AND THEIR CONSEQUENCES



1. Smoke and get high for 4 hours to kill time and keep me calm.

Knowing the Truth: It's a waste of puffs, money and time. Your lung and body is too precious to allow any form of smoking to enter it. Only people who don't care about their body do so. Who breathes smoke? You can destroy your body for free by sniffing the outside grill when it smoking., sniffing burning garbage or wood with big ashes for a side order. Or even from the muffler of a car. How stupid is that, but we see people every day pay for this stuff in a box.

Possible consequences for doing so: Life cut short by ten years. Addicted and cannot stop on your own. Pitch black lips and a messed up lungs. You think and react slower.

BAD CHOICES



2. Watch porn for 1 hour to keep my mind and sexual side sexually straight.

Knowing the Truth: Your wife should be the only naked person you should want to see when having intercourse. Jesus doesn't want it any other way. It's Satan who encourages sex outside of marriage; he uses love music, pornography, and dating alone with no other partners to do so (1 Pet. 2:11; James 1:14).

Possible consequences for doing so: You call one girl of a porn movies' name while having sex with your wife. You can't look at women of all ages respectfully without thinking sexually. Therefore, the spirit of lust is now in you. You now opened a door for Satan to use that to lead you to unclean sex.



3. Sex and flex before marriage (Bible calls it fornication) at 10:00am

Knowing the Truth: It's a waste of God-given sperm. You two become one when you do so. It's the only sin that sins against the body (God's temple). You are suppose to wait until marriage to have sex, which was and still is God's plan (1 Thess. 4:3).

Possible consequences for doing so: You can be effected by AIDS or any sexually transmitted diseases. You could end up having a child and regret having an abortion for life. The partner might stalk you and slay you if you are caught with someone else.



4. Meet up with/hang out with my crew (bad company)

Knowing the Truth: It's only good friends or no friends. Let's define a friend *"A person who one knows wells, likes, fears God, shares, correct you when you are wrong, and one you can trust."* If they do not fit these descriptions, they're mere *"acquaintances"* (James 4:4)..

Possible consequences for doing so: Get into situations you know you don't belong in. End up dead or in jail. End up doing the same things that they do.



5. Do some illegal things to get money because I can't think of "any" other way to get it (II Thes. 3:10).

Knowing the Truth: You can pray to God to send you a legit job somewhere.

Possible consequences for doing so: Get arrested and never see the light of day again. Have

to watch your back 24/7. Family, parents and children are affected by it because they have to deal with it too. Have no peace of mind.



6. Party at a favorite disco until the next morning

Knowing the Truth:

There's a possibility that you might get drunk or do have unclean sex. When you are drunk you can end up anywhere and do anything. As a

believer you have to know that it isn't the life for you but only for those that are of the world. As a Christian, you should not be around unholy situations such as an ungodly atmosphere, ungodly music, alcoholic beverages and ungodly people.



Possible consequences for doing so: End up a prostitute, home broke, and with AIDS, getting into a fight (for e.g. over a girl) which led to your death or even drunk and in jail for uncontrollable behavior.



7. Masturbate for one hour (James 1:21)

Knowing the Truth: Self orgasm is a waste of God's given sperm.

Possible consequences for doing so:

Affects the sexual companionship in your marriage, because you are satisfying yourself now and feel like you don't need the other partner to do so. Cause loss of drive for sex in marriage. You use all the energy needed to do that day's tasks. Makes it even more possible for you to end up having sex, opens the door for the devil because your morale and standards are now low; therefore, anything can happen.



8. Drink myself drunk Saturday

Knowing the Truth: Alcohol destroys your organs and gets you drunk. I suggest that pure coconut water from the coconut, apple cider, 100-percent juices, water, and vitamalt are the only "off the chain" drinks on your list for drinking.

Possible consequences for doing

so: Get in an accident driving home forgetting you were drunk. End up



hurting someone around you because of it, and get slew. End up locked up for reckless behavior.



9. Gamble with For 1 hour (Gambling in general)

Knowing the Truth: It's called USURY in the Bible. It is a waste of your hard earned money. It's addictive. Not doing so will be one less thing you'll have to stop in your life and not bring into your family (if planned to have one).



Possible consequences for doing so: End up broke and homeless. End up divorced because of an addiction with gambling with your family's money.



10. Steal that thing I want so bad from(Exodus 20:15)

Knowing the Truth: Man shall work by the sweat of your brow. Thou shall not steal. Don't take what belongs to another man. What goes around comes around and what you sow you shall reap.

Consequences for doing so: Get locked up with a criminal record. (There's a guy in jail now

for running with a box of Pepsi at a top speed of 7mph unpaid for). Lose trust of your friends, family and people in general.



11. Go meet my girl friend or this girl I am checking (James 1:14).

Knowing the Truth: The only way to become Girl Friend and Boy Friend is to first:

1. Pray for a mate 2. Be friends to observe all potential mates without any connections 3. Date after choosing “1” and “2” (and know everything about this mate before marrying) 4. Marriage 😊
You two become one and never to leave each other again; be fruitful and multiply😊.

Possible consequences for doing so:

without following #'s 1, 2, 3 and 4. May have a child out of wedlock. Can contract AIDS because you didn't do # 3 which would tell you everything about that person. Waste of time you could've spent with or waiting on your “all you wanted” mate. You learn to make up and break up. Therefore, most likely you won't take marriage seriously and feel like you can leave whenever you want. That BF or GF ends up doing something that messes up your life.

You can finish this list yourself; you know what you do that isn't right. Not everything done behind closed doors people talk about, but you and Jesus knows. I would suggest that you ponder on the wrong you are involved in and ask the Lord to help you stop it. This would be for your own good so you can totally receive everything God has for you😊.

Is your daily life schedule or choices compared to the eleven bad choices I mentioned – Numbers 1 - 11? If so, then consider Deuteronomy Chp. 30. It says we are to choose life or death. If we choose death we will reap the bad consequences I discussed. If we choose life, then you would receive the good consequences of life. My prayer for you is that you would choose life. Read page 54 to find out the steps in accepting the Lord as your personal Savior so you can reap the good things of life and, above all, have eternal life. If not so, thank God for His abundant grace shown towards you and continue to keep focused on the Lord by putting Him first in everything you do (Prov.3:5-6).

Remember, we are all under the same laws of God's principles found in the Word of God. Pastors, parents, all Christians must live righteous. As a Christian, are you living righteous? If so, continue because one day we will reap the full benefits of heaven the eternal life rewards (Rev. 21:1-7).

CHAPTER EIGHT

A SUGGESTED SCHEDULE FOR DAILY COLLEGE LIVING

1. Exercise this morning
2. Read my Bible and pray to Jesus



3. Play ball/soccer with _____
4. Go to church on Sunday with _____



5. Hang around with _____ because I am learning
_____ (e.g. how to cook)
6. Draw or paint (any good hobby)
7. Clean up the room and kitchen
8. Go to this legit/clean/beneficial party

9. Go window-shopping with a friend at the Mall

10. Go shopping for food and other necessities

11. Go to work (if any)

12. Go to a Christian meeting/or a beneficial/
positive one



13. Play a clean video game for 1 hour

14. Get at least 8 hours of sleep for the next day.

15. Go to the Gym for no more than 1 hour 30min.
Lets say 1 hour.

16. Do homework and study for test.



17. Call back home to just to say “hi” or keep
communication lines open.

18. Put together a schedule for each week of the month and continually edit it

19. Cook some food to last for two days, "This is fast food..."



20. Watch a special movie or television show

21. Go to a clean special event happening on _____

22. Hang out with my positive friends to plan some positive things to do.



23. Plan what I am going to do with my life during school and after school.

This list has no connections or negative consequences and are highly beneficial.

Now judge everything you do. Ask yourself, "are you getting something positive from it?" If you aren't, it's a waste of time.

God Bless!

CHAPTER NINE

WORDS OF WISDOM FOR BELIEVERS IN CHRIST

THIS SECTION IS FOR THOSE WHO ARE CHRISTIANS. THIS IS FOR ALL THE BELIEVERS WHOM HAVE ACCEPTED THAT JESUS DIED ON THE CROSS-TO SAVE US FROM OUR SINS, AND HAVE ASKED JESUS TO COME INTO THIER HEARTS TO LIVE FOREVER. YOU ARE NOW FREE IN THE NAME OF JESUS FROM THIS WORLD.

IF YOU ARE NOT SAVED, THEN YOU NEED NOT WASTE YOUR TIME WITH THE PLEASURE OF THESE FREEING, SAVING, UPLIFTING, LIFE CHANGING WORDS.

THERE ARE GOOD AND BAD SPIRITS. WARS ARE FOUND IN THE SPIRIT WORLD. I WILL EXPLAIN. IF YOU ARE NOT SAVED, YOU ARE OPEN TO ALL THE WORLD HAS TO OFFER. SATAN CAN DO WHATEVER HE WANTS WTIH YOU, AND THE ONLY REASON WHY HE HASN'T REALLY DONE ANYTHING WITH YOU OR TO YOU, IS BECAUSE THERE IS SOMEBODY OUT THERE PRAYING FOR YOU EVERYDAY FOR YOUR PROTECTION. IT COULD BE YOUR, MOTHER, GRAND MOTHER, AUNT, CHURCH LEADER, OR FRIEND.

LET US COMPARE THE DIFFERENCES BETWEEN A GOOD DESIRE AND A BAD DESIRE.

A GOOD DESIRE: THE WANTING OF SOMETHING THAT CAN BE SATISFIED IN A GOOD WAY. FOR EXAMPLE: YOU

WANT TO DROP SOME BODY FAT AND LOSE WEIGHT, SO YOU WORKOUT. THAT IS A GOOD DESIRE.

A BAD DESIRE: TRYING TO SATISFY YOUR FLESH THROUGH LUST, FORNICATION, MASTURBATION, AND FOOD, SUCH AS DONUTS OR CAKE. IT IS IMPOSSIBLE TO SATISFY THE FLESH.

ONLY CHRISTIANS HAVE THE PRIVILEGE OF WHAT I HAVE TO SAY NEXT.

Everything you do is a good or bad investment, a healing or a disease in your life. When you are saved, all Satan can do is suggest, he cannot make you do anything.

Suggestion is one of his most ultimate ways of getting you to sin. For example: If a man lusts after a woman or a woman lusts after a man, Satan can now set up his plan for sex outside of marriage, baby out of wedlock, sexually transmitted diseases or HIV/AIDS transmission. (James 1:13-15)

At or around the age of twelve the laws of attraction for the other sex kick in. It is an innocent and very delicate time of a male or female's life. At this stage, they have no intentions to engage in sex or other forms of sexual pleasure. At this stage in life, many become porn and masturbation addicts, sexually active; therefore, losing their virginity, and are infected by sexually transmitted diseases.

Some say, well the doctor, government, or the Constitution says it is healthy and good for you to live a life that is not Biblically based. The doctors and government also say abortion is ok. They also say gay marriages are legally allowed in some States. They justify it by saying anything done in the secret of your own home is your business. This is the same government that took the Ten Commandments out all the public schools of America. Who do you believe, the doctor, government, or the Word of God?

We become sexually active with anyone not realizing our body is the Temple of the Lord (1 Cor. 6:19). However, the individuals we sleep with we would not allow coming near our bankbooks or considering marrying. We blowup if the question of marriage comes up! What is more valuable to you? Is it the one million in the bank or your virginity (for some of you all your spiritual virginity)?

There's a fine line between attraction and lust of the opposite sex. Attraction being natural and Godly is normal, good and healthy, and lust being sin. Think about it, anyone that you lust after, you don't respect as much as the women you don't lust after. Why, the one you lust at is based on sin and the one you do not lust after are based on God.

Homosexuality is caused by basically two reasons: An adult male or female has molested some gay

boys/girls or men/women, or they may have been adopted into a gay marriage at a younger age. However, becoming a homosexual is still a choice. Deuteronomy 30 speaks of all men chose life or death. We were given the ability by God to chose right or wrong. The Lord made male and female, darkness and light, everything had an opposite. Don't listen to the lies of the Satan that you are born that way or you cannot help yourself. In Christ you can do all things once you surrender to Him for His help.

A doctor gets to see everybody naked, but his motive isn't for lust. It is a respectful way to professionally do his job. However, another doctor can use his profession to lust at his patients thus becoming a pervert, see the difference. It is still a choice.

You do have a choice and as of today you now know the truth (Deut 30). Thank you Jesus!

"Everyone is doing it" it is like a domino effect. All it meant was the next domino was too weak to hold its ground so it fell too. Be strong in Christ and deeply rooted in God's Word. Know who you are in Christ Jesus by reading His Word and believing in what His Word says.



This is a much unspoken part of life these days, but no more. For the fact that it's unspoken sure tells you that there's a lot of it going on.

It's like someone calling the ambulance for the fun of it when you know you are not sick (that's not the purpose of an ambulance!).

You can eat a sandwich and get great pleasure out of it. However, the sandwich was only to feed your body or just to give your body more nutrition. Food isn't a medicine; it won't fix your problems for you. That separates an overweight compulsive eater from a diet/food expert.

Starve what you want to kill, and feed what you want to grow.

Anything sexual outside of marriage between two people of the opposite sex (marriage) is sin; it's empty and unsatisfying. It is a never ending pit hole/ditch that requires you to sin more and more, and more. Sex inside marriage is a thirst forever quenched, but when it is done outside of marriage you miss out on all of this and leave yourself empty with nothing.

Impulsive drinker/smokers, usually started with one, then two, then three and so on... The one that stop after the first or second, will most definitely have less withdrawal from the first drink compared to the person who a had a miscount.

As with any problem in life you must first know it's a problem. Pray for God's forgiveness and help on stopping it. Go and don't sin no more

Sex is perfect; it is beautiful inside marriage with God. But in any other place it is sin.

There isn't anything magical or unreal about God solving your problem.

He didn't send a talking dog to tell you to not do what you did, but He did warn you, in your conscience, through someone close, or in His Word.

Generally, you don't escape anything in life. Everything that takes place in your life plays a role in your life...

1. When you were 12 you ran from the bullies every single day for two miles on your way to school so they won't beat you up. Now you are the best runner back in New England's football team. Sure running from these bullies felt like pain at this time, but now it is pleasure and you are being paid to do so! Sure he is thanking these bullies now. For you other runners who want to know why he is so perfect or so good, let us just say that he had a whole lot of practice.



2. In a family with not that much food to eat (poor). You never got fat and now have a high metabolism. Now 10 years later you're running a 'feed the poor' company and the world's number one best marathon runner. Talk about fit.
3. When you were 14 you were forced to read and write everyday. You had to complete 100 mathematical problems a week and wrote one book per month. (It's very obvious this person will be called smarter than the other 14 years old that's playing basketball all day, everyday) See, now that 14 year old is probably a PhD. English teacher for Harvard and the 14-year-old basketball player is probably now playing on L.A.'s starting lineup.
4. At the age of 16 your uncles, cousins or father introduced you to clubbing and sex. Now you do what they do at the age of 25 and wonder why.
5. At 10 you watched your mother/father/guardian cook and bake everyday. Then you practiced with them or asked them to teach you, now 10 years later (20 years old) you have your own restaurant, thank God for mamma.



6. Insecure, very quiet, passive or punkish, because when you were young you were abused. Or your obedience was based on fear and not love. Now you're punkish or insecure. But the boy or girl who grew up in a large family with a lot of children and love is probably a lot more real, rough and talkative.
7. You grew up in a family where the father is never home and beating and cheating on his wife. They are always arguing, no head in the house, no respect, no love. Just plain messed up. Now you don't know how to treat a man or a woman or love someone.
8. Someone broke your heart or betrayed your trust. Every time you trust someone or tried to, they did the same. Now you have a heart of stone. No love, that's punkish, everyone gets hurt, tuffin' up in Christ, you are not weak. Do you know who you are? I know, but do you know how you should react? React just how Jesus did with Judas; He knew what Judas was going to do before he did it.

You can now see that every single decision you made or past problems/situations got you to where you are now. Now you know why you do what you do.

Most of you are probably now repairing all the damage from those decisions/problems you created or allowed to rule your life.

Doing the right thing for the wrong reasons equals total confusion and destruction. For example:

1. Helped out a friend in need just because you wanted a big favor from them being deceitful (putting them on the spot with the I help you, you help me saying). Now you are friendless.
2. Get married solely to have sex with no guilt; now you have kids, broke, can't be trusted and living in hell.
3. Buy a car, not to get around, but solely to impress the ladies and you are married already. Now you are cheating and your marriage relationship is messed up.



On the other hand, doing the wrong thing (you living in sin) can be reversed to the right thing for the purpose of God. Many times it is because someone was praying for your salvation and through the circumstances and conviction in your

life, you decided to change and give your life to the Lord. Then the Lord use you to do His will. For example:

1. You go to church to check out the girls; now you save, sanctified, and filled with the Holy Ghost, preaching the gospel.
2. You had a conversation with a dealer on purchasing a car and he invites you to his church. You gave your life to the Lord and He blessed you with a car, house, and parrots, and then you became a blessing to others.

No one is perfect, but that is not an excuse for not facing your problems and being responsible for your actions, because you will pay the good or bad consequences of your actions.

Always remember, what you don't control will control you.

God can turn everything around for good (Romans 8:28). So, be obedient to the commands of God and where necessary rededicate your life and He will transform your life for you.

We all know that they have a money-making machine, but what if someone was to misuse it outside of what it was meant for, which was only for the government treasury which is legally the only right place for money to be transferred. Some crooks used it to get them some money and got

about one million. Since they got away with it once, they want to do it again. Now you probably don't think that no one gets hurt, but there are three problems caused because of this:

1. The crooks stole so it's on their conscience real strong - and so is the drive to do it again (addiction to it).
2. God is not pleased because there was nothing Godly about what was done; He had no part in it therefore it is sin! The machine was meant for one place to be used, for the government and treasury, therefore, it is robbery.
3. That is the people's loss and their money that will be subtracted (that's the way it works). So if it was meant for one million to be put into the job bank or saving the people - it's gone.

In comparison to the money making machine, sex should be used as God has ordained it to be used - for marriage. If it is used in the wrong way and you seem to have gotten away from it, you would become addicted to it (sex again, cheat again, masturbate again-felt good the first time). God would not be pleased because it would be sin. Sexual intercourse should be kept within the bounds of marriage. You cheat your future husband or wife if you do not wait. Sexual intercourse is for your future wife's or husband's pleasure, happiness, and enjoyment. Do you think

you will love him or her like a person who had no sex for five years, NO WAY! - Of course your interest for another sexual partner has declined. If you feed yourself, you are not hungry anymore and don't need any one else to feed you.

The only way to get all of what you have lost back is to give your life to Christ Jesus and to stop doing wrong period. Wait for the Lord to send you a Godly spouse so that you can enjoy marriage in the way it should be enjoyed.

Stay away from chatting on the Internet, especially to people you do not know. More time chatting on the computer means less time chatting to someone. That could be your spouse, a close friend in need, God, or your parents.

WHAT IS THE DIFFERENCE BETWEEN GODLY MUSIC AND SECULAR RAP MUSIC OR SECULAR HEAVY METAL/HARD ROCK MUSIC?

WELL LET'S PUT IT THIS WAY. IF I OFFERED YOU POISONED CHEESE CAKE WITH BLUEBERRY TOPPING OR A GOOD CHEESE CAKE. YOU TELL ME WHAT'S THE DIFFERENCE?

THERE IS A DIFFERENCE! ONE WILL HARM YOU. YOU HAVE TO SEPARATE THE GOOD FROM THE BAD IN LIFE. GOOD THOUGHTS

FROM THE BAD THOUGHTS, GOOD FRIENDS
FROM THE BAD FRIENDS, GOOD MUSIC
FROM THE BAD MUSIC, GOOD FOOD FROM
THE BAD FOOD, GOOD COOKING FROM THE
BAD COOKING. THE HOLY SPIRIT WILL HELP
YOU TO BE ABLE TO DISCERN THE GOOD
FROM THE BAD.

Reading the Bible is a full brain/mental/
mind workout. It does the
following for you:

1 **feeds the mind**

Gives you knowledge and
wisdom

Shows you how do deal with
that problem you need clarity on.

Empties the junk that you input daily and fill it
with things holy and worthy of praise



2 **strengthens the mind**

You have more control over what you do

Your mental clarity and capacity to do things,
such as school work is greatly increased and so
is your confidence,

3 gives the best cardio your mind can ever get

You start to remember things much longer

You can finally start to think straight

IF YOU DON'T WATCH OVER YOUR
THOUGHTS AND WORDS, SATAN WILL
CONTROL YOU.

THERE IS SOMEONE COUNSELING YOU IN
THE WAYS OF THE LORD, BUT YOU ARE NOT
LISTENING,

YOU HAVE YOUR EARS ON LOCKDOWN AND
DOING YOUR OWN THING,

AND YOU WONDER WHY YOUR LIFE IS FULL
OF CONFUSION AND NO GUIDANCE.

LISTEN TO GODLY COUNSEL AND YOU WILL
BE PROSPEROUS PHYSICALLY, MENTALLY,
EMOTIONALLY, AND SPIRITUALLY. (Psalm 1:1;
Proverbs 19:21)

SINNER'S PRAYER

I present the plan of salvation to you. My prayer is that the Holy Spirit will convict you to repentance, and you will experience the Love of Jesus in your life.

1. Romans 3:23 – You have to first acknowledge that you are a sinner and in need of the Lord, Jesus Christ's forgiveness.
2. (Matt. 3:2; Acts 8:22) - Repent and ask Jesus to please forgive you for the sins you have committed.
3. Ask Jesus to come into your heart to live forever.
4. (Luke 7:50; 2 Cor. 5:7) - Believe that He did come to live in your heart.
5. (Matt. 10:32) - Tell someone you have accepted the Lord Jesus as your personal Savior.
6. (Acts 2:38; Matt. 3:6) - Find a good church and become a member and get baptized.
7. Remember to read the Bible, pray everyday, and you will grow in the Lord. This keeps you strong in the Lord.

****If you have any questions or comments about
this book, please write to:**

**Cleveland Rolle, Jr;
P. O. Box SS-6802,
Nassau, Bahamas.**

