



MEN'S MINISTRIES

Seventh-day Adventist Church  
NORTH AMERICAN DIVISION

April 2026

**ISSUE 04**



# FORGED IN FAITH

FOR MEN'S MINISTRIES DIRECTORS

*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

3 John 2 NIV

## Message from the Director

### THE TEMPLE WE LIVE IN

The body God gave us is not merely our own—it is His dwelling place.

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies” (1 Corinthians 6:19–20 NIV).*

Too often, men treat their health as an afterthought, pushing through exhaustion, neglecting rest, fueling the body poorly, and ignoring warning signs. Yet Scripture presents a higher calling. We are stewards, not owners, of these bodies.

C. S. Lewis wisely wrote, “You don’t have a soul. You are a soul. You have a body.” That body matters—because how you care for it is a direct reflection of your reverence for the One who made it.

Consider Elijah’s life. After his great victory on Mount Carmel, he collapsed in the wilderness, burned out and ready to die. What did God do? He didn’t rebuke him. He let him sleep, then sent an angel to feed him—twice. “Get up and eat, for the journey is too great for you” (1 Kings 19:7 NIV). God himself tended to Elijah’s physical needs before calling him back to ministry. If physical restoration mattered to God then, it should matter to us now.

The Apostle Paul, writing to Timothy, acknowledged the value of physical discipline: “For physical training is of some value, but godliness has value for all things . . .” (1 Timothy 4:8 NIV). Notice Paul doesn’t dismiss physical health. He simply keeps it in proper order.

Rick Warren, in *The Daniel Plan*, reminds us: “God wants you to be whole—spiritually, emotionally, and physically. He cares about every area of your life.” We don’t need a perfect plan—we need a faithful one. Small, consistent choices compounded over time are what build a life of strength and endurance.

“So whether you eat or drink or whatever you do, do it all for the glory of God” (1 Corinthians 10:31 NIV).

**César De León PhD LMFT**  
North American Division  
Men’s Ministries Director



## Pastoral Note

### **GUARDING THE TREASURE: MEN'S HEALTH AND THE POWER OF INTENTIONAL LIVING**

Allan R. Chichester, Director of Men's Ministries, Ontario Conference

Health is often described as true wealth, and rightly so: without it, every other activity in life becomes more difficult. God's Word urges us to maintain a healthy life. Physical condition, for example, is impacted by our emotional and mental state. "A cheerful heart is good medicine, but a crushed spirit dries up the bones" (Proverbs 17:22 NIV). Nurturing a positive attitude, joy, and inner peace is an integral part of caring for the body as a whole.

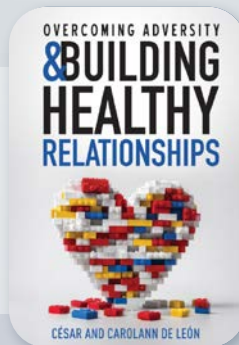
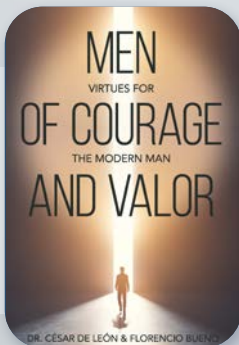
Ellen G. White emphasized this truth when she wrote that "health should be guarded with the same fidelity as character." Her words remind us that caring for our physical, mental, and spiritual well-being is not optional; it is essential. Intentionally addressing the importance of men's health is vital.

The modern man, facing fast-paced rhythms, workplace pressures, and family challenges, needs to remember that true strength depends not solely on physical vigor, but on a life anchored in God. The Lord promises to renew the strength of those who wait upon Him (Isaiah 40:31). This divine renewal is experienced when we live with discipline, balance, and a constant dependence on the Creator.

Caring for our health is honoring God with our lives. It's preserving one of the treasures He has entrusted to us, so that we may serve better, love more, and live with purpose. Let us be intentional men, committed to a life of fulfillment, for the glory of God and as a blessing to those around us.

## **RESOURCES** for **LEADERS**

(Click on the images)





## Testimony

### MY HEALTH IS WEALTH

Kenroy Henry Jones,  
Men's Ministries leader at the Hagersville Church plant

My name is Kenroy Henry Jones. I am 48 years old, married, and a proud father of two sons: Romain, 29, and Israel, 10.

During my early years in Jamaica, I lived a naturally healthy lifestyle. In many ways, I practiced the Seventh-day Adventist principles of health without even knowing it: proper nutrition, regular exercise, adequate hydration, sunshine, temperance, fresh air, rest, and trust in God. I lived a simple life, rooted in country living and close to nature. I never drank alcohol or smoked, and I did not consume junk food until I was 26 years old. I worked as a lifeguard and gym instructor for over 20 years of my adult life and actively pursued a career in semi-professional soccer. My daily routine included walking everywhere, getting at least eight hours of rest, drinking plenty of water, and enjoying fresh fruits, vegetables, sunshine, and clean air. I lived each day with gratitude to God, and without trying, I was in peak physical condition.

However, after migrating to North America at age 28, my lifestyle changed drastically. Life became fast-paced and sedentary. I drove everywhere, worked long hours, ate less healthy food, and experienced more stress. Two years later, my girlfriend Kimberly and I searched for a Bible-believing church. We met Pastor Frankie Lazarus, who gave us Bible studies, and we were baptized the same year. Pastor Lazarus, with Pastor Allan Chichester, officiated our wedding in 2011 in Toronto, Canada.

Over time, I realized that my health is wealth. We must invest in our health so that as we age or reach retirement, we can make withdrawals from that investment. We must strive to be whole so that we can be holy for the work of the Lord. This belief led me to serve my church in Men's Ministries, and I strive to become a Pastor. Our health matters so that we can grow, cultivate, and preserve the character of Jesus Christ.

### CHALLENGE of the MONTH

- Walk 15 minutes, three times a week
- Incorporate at least 1 fruit and 1 vegetable per day

Official site: **NAD Men's Ministries**  
[www.emale.org](http://www.emale.org)

Contact: (443) 391 - 7242

#### Editorial Team

**Director:** Dr. César De León  
**Chief Editor:** Pr. Florencio Bueno  
**Design:** Giselle Otalora

**Spanish Editor:** Leda De Dios  
**English Editor:** Sasha De Dios  
**French Editor:** Nadia Camara