

## My Testimony

First, and foremost, I'd like to thank my Lord and Savior Jesus Christ that I have and can share this abbreviated testimony. I pray it will bless you.

God says He has big plans for your life (Jer 29:11), if you are ready to pursue and test His Will.

August 2015 God impregnated a vision in my heart for what would grow into multiple companies and a non-profit 501©3 ministry! All of this could have come from nowhere but Him, as it is all so huge! I was on a treadmill at my local gym, overcome by Holy Spirt, feeling tears. Trying to not watch the gossip/negative programming on one television and the national news negativity on another television in front of me. I cried out to God: "There is NO place I can go to work out and worship/spend time with You in the midst of You working on my heart!". I heard two words: "Build It". I thought: "that's interesting and sure would be nice to have a Christian fitness center that served me". Of course I didn't take the thought seriously, as that thought/vision was way too big for someone like me with all I'd just been through! I then ran from it for a year because I knew it was nothing I could pull off, all the while God pouring more into me and gently nudging me to step out of my boat in faith and walk toward Him.

Let's rewind to a "blink of an eye" prior:

First and foremost, I am a "born-again" Christian, saved at sixteen years old.

Second, I am an Entrepreneur, now with a pastoral calling, who in 2013 stepped away from the consumer products industry, competing with the giants in the natural, grocery and pet retail world that is no longer driven by quality of product and the marketplace need. Instead, it's driven by large corporate dollars who control the shelf space! When God does not allow doors to be opened or allows doors to be closed on us, it can be His way of guiding us, if we'll surrender and choose His Will over our will, into our next thing He has for us that ultimately in a larger way serves more.

This "walking away" from my company was the first of four life-changing events within 2013 first quarter. Any one of these events was enough to cause life change. When I had all four, that was enough to know every area of my life was "over as I knew it" and I only had one place to turn: TO God. Some turn away from God when faced with adversity. I have always leaned into Him, as He has always been my one and only constant.

The second event which happened less than a month after leaving my company was the complete spirit-altering experience of holding my mother on a February morning, singing along through tears, Mercy Me's "I Can Only Imagine". I was in Houston, Texas after MD Anderson Hospital doctors advised the chemotherapy and Proton Therapy had not been successful and my mom had "three weeks to three months" left. God is so good in His Mercy, that He brought her Home in five-short-days! That morning I was blessed to be with her, (though the last few days/nights had been devastating) instead of 3000 miles away at home. My spirit knew it was time. I had the blessed privilege to stare into her eyes with an arm around her, while I sang to her through tears, and urged her to let go, as all of Heaven was poised to welcome her Home. I felt Heaven's Gate so close that if only I could have stepped across with her! I assured her that her sons and grandchildren would be ok, that her work here was complete and she could let go, into Jesus' arms! She took one last breath, a deep one, then I felt her spirit leave my grasp. In that moment, I felt God's bright light shining on me, illuminating the dark spots of my life, just like a Dalmation's black spots.

Then came event number three: The final collapse of my marriage and home. I had sacrificed everything for the growth and future of my company. Yes, there were other underlying marital issues involved but when I held my mother as she stepped into Heaven, I could not deny that my marriage had no strong,

**solid foundation and I had caused a lot of our relationship's damage. I then had to deal with the grief of not living with my 8-year old daughter since Mommy and Daddy were getting a divorce.**

**I then filed for bankruptcy for protection from my own company, lived off a family member's credit card, finalized divorce, wandered in the desert and suffered from an umbilical hernia with heavy lifting and climbing billboard towers that jeopardized my health and safety, all the while grieving all my losses, both professionally and personally. This was my subsequent sixteen months. I prayed in faith and cried out in desperation: "God please bring me out of the desert soon and illuminate to what sufferings end you're leading me. Praying that I would not have to wander in the desert for forty years...or die leaving my daughter fatherless" due to the only work I could find, climbing billboards and changing out their signs). You see, with the entrepreneurial track record I had (and having been seen on national television), it was obvious to employers I was only seeking a paycheck, not a legitimate second career, so I was virtually unemployable.**

**God liberated me from that temporary life-threatening work July 4<sup>th</sup> weekend 2014 and blessed me with financially beneficial work that again I had to trust was from Him. I say this because it led me twenty-two hundred miles from home and meant more time sacrificed from my daughter than ever before! Five months went by without being able to see her during my initial work assignment! Many nights my ex-wife held her as she fell asleep crying for her Daddy. The only place I could run was to our Father, Jesus and Holy Spirit, trusting that I would not be completely swallowed up in my grief.**

**A year after running from this Vision, His relentless pursuit of me persuaded me to "surrender and submit". I began pouring all my extra job income into this project, as I finally heard Him say: "It's not about you and all your weakness, inability to accomplish. It's about Me working through you to provide this to the world". Wow! Can you say "velvet hammer"? I had to finally drink my own medicine! Practice what I had always preached, that "in order to walk on water you have to get out of the boat!" God has since blessed me with the entities you have discovered in this website or through someone sharing it with you. The JWOW® Vision came a year "after" immersing myself in a church He led me to and exercise (walking/jogging late nights while worshipping & crying out to Him in the dark Indiana streets). Also, weightlifting/strength training and healthy nutrition helped me keep my sanity during this most lonely time of my life...and at a time that the work God had brought me was all new to me, intensely stressful and 60-hours/wk, 6/days.**

**This is where Faith comes in...trusting He will provide if we will trust Him and what we truly believe is His direction for us.**

**I have posted some before/after photos as evidence of what persistence, discipline, obedience and faith can accomplish if we keep our eyes forward and on Jesus, not allowing the darkness to overtake us or keep us off track, when we have times, as we all do of falling down. I don't rely on my scale and fitness measurements but the photos are evidence of weight letting go from 225 lbs & 30% body fat to 158 lbs & 13.8% body fat.**

**Does my weight and body fat change? Sure it does. Life is a journey, not a destination. It changes depending on my life circumstances and schedule, by just a few pounds up or down but as long as I FROG (Fully Rely On God), I can trust the chains are broken. What chains?: my sugar addiction and simple "feel good" carbohydrates and not exercising. I must prioritize exercise as a part of my God-given responsibility and a required part of my self-care.**

**Today, I can see clearly the manifestation He planted in me, guiding me to every person and every resource that has come into my life to support this vision and His Kingdom. (Matt 6:33)**

**I finally stepped out of the boat as Jesus called Peter to walk to Him on the water. (Matt 14:28)**

**In two and a half years, my life was transformed from complete collapse to being given JWOW initial Vision. Two and a half years after that, the whole Vision has evolved and JWOW Fitness Center franchise program is being announced today here and available for business!**

**There is nothing in this world I would rather do than further God's Kingdom more directly with all the mission & purposes He has provided and is directing me.**

**I pray not my will but Thy will be done by the power of the Holy Spirit in Jesus Name, amen.**

**James Mitchell**

**Founder,**

**JWOW® Fitness Corporation, JWOW Ministries & JWOW Apparel & Accessories**

