## **Following the Blueprint**

"And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee."

~Exodus 23:25

We at Gems are dedicated to giving you the very best information for healthy Christian living by understanding God's blueprint. Our mission is to give as many people as possible the skills to become self-supporting medical missionaries using the blueprint laid out by Jesus through Ellen White.

GEMS is a faith-based ministry committed to guiding individuals towards successful lives through God's plan for healthy Christian living. Just as Christ taught, healed, and performed miracles during His time on Earth, we aim to follow His example today. Our mission is to collaborate with Jesus in educating those seeking a better way, fostering a deeper understanding of healthy Christian living.

We believe God is concerned with healthy Christian living and the quality of human life. The way we live, eat, speak, think, treat each other, and care for the world — is part of His plan. Our families, our children, our jobs, our talents, our money, and our time are all belong to Him.

The blueprint God has provided and teaching others how to live by His blueprint is essential to our beliefs.