

# Corey Rosenke Full ep.

Thu, Dec 28, 2023 10:08AM 45:47

## SUMMARY KEYWORDS

god, cravings, soul, biological, peace, people, identity, life, cory, ultimately, talk, pursue, book, gospel, health, serpent, sanctification, innocence, bible, speak

## SPEAKERS

David Sandstrom, Cory Rosenke

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### C Cory Rosenke 00:00

that you are not the reflection in the mirror. You're not the number on the weight scale, as we talked about, you're not the diploma on your wall, you're not the car you drive or the the the balance in your bank account, more than any of that more than a brain or a body, you are a soul. And it is that soul that is ultimately the source of your ambition, the source of your craving. And if you want satisfaction, if you're looking for peace, if you're looking for happiness, you need to look towards answering that cry of the soul. And that's a tough message today because like I said, the world is loud and calling us to the worship at the altar of the biological, right. And so my hope for your audience for yourself for myself is that we would maintain a perspective that realizes that more than a brain or body I am a soul. And if I am going to find peace and happiness and fulfillment, right, I have to connect that soul back with its maker.

### D David Sandstrom 01:01

Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, and this is episode number 130. This episode is brought to you by Fullscript. When it comes to nutritional supplements, I don't trust my family's health to drugstores or warehouse clubs. I use Fullscript. They curate dozens of professional grade brands, only available through healthcare practitioners such as myself. Whether you're dealing with a serious health challenge, or simply want to age more gracefully. full script should be a part of your daily routine. It is mine. When you finish listening to this episode, go to my website [davidsandstrom.com/fullscript](https://davidsandstrom.com/fullscript), create an account using my link and you'll lock in a 10% discount for life. Today we have in the show, Corey ranky. Cory is an author, Pastor, communicator, edit tenacious pursuer of truth. Cory is both the concept pioneer and an authority on the cravings of the soul. Through session song, worship and manuscript, he is dedicated to the pivotal work of connecting hungry souls to the joy of their maker. Corey, Welcome to Natural Health Matters.

### C Cory Rosenke 02:15

Oh, thank you so much for having me, David.

D

David Sandstrom 02:17

It's a pleasure having you on I've really been looking forward to this conversation. We spoke a week ago, you sent me your book, your book is called the magnetic heart of God understanding the five cravings of your soul. I read the book, I was very blessed. And I'm really excited to to discuss some of the concepts in there with you and share that with the natural nation today. Because there's such a similar a lot of parallels between the messages I'm trying to communicate here at the podcast, and what you have in the book there. So if you're new to the show, you might not know that we hear natural health matters, we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. And today I want to focus in with Cory today about the spiritual component of health, and specifically the love relationship we have with God. So when we when we do that, when we surrender to God, things tend to work out for us. We don't have any guarantees you don't God's not a genie in a bottle. But you know, we do well to focus in on that relationship. So Cory, tell us a little bit about just like a 35,000 foot view of what led you to write the book.

C

Cory Rosenke 03:23

Yeah, well, really what what, what led me to write the book to start with was I was preaching an Easter sermon series back in 2018. And on Easter, it's kind of like the Super Bowl of Sundays for for for Christians, particularly and everybody's there, right, there's the the regular church attenders are there, there's the, there's the people who come on Christmas and Easter, but you only see a couple times a year. And then there's that great group of people who don't want to be there at all. But they're visiting their parents, they're visiting their grandma and grandpa, whatever. And so they have to go to church, and they don't want to be there. And it really started with me, wanting to communicate how, how Christ was relevant to all of them, regardless of where they were at. And that's kind of really how it got started was how can I communicate the truth of God's love, the truth of his gift, the transformational power of it in a way that is palatable for as many people as possible. And so started in 2018. And then four years of study and research and writing and rewriting and researching and digging in, kind of grew it to the book it is today, where it really is a book that really tries to walk those parallel lines of theology and philosophy and psychology and, and show Hey, Christ is relevant, regardless of where you're at in your faith journey.

D

David Sandstrom 04:44

Yeah, absolutely. That's, that's so good. And you know, one of the things that I that I often share in the podcast is when we have a closer, more more tight relationship with God, we enjoy more peace, and the fruit of the Spirit is starts off with love, joy and peace and And when we're living a more peaceful fashion, we enjoy better health outcomes. It's just kind of a nice byproduct of being connected to the vine. You know, Jesus said, he's, he's the vine, we're the branches. And when we abide in Him, we will exude more fruit of the Spirit and all of the fruit love, joy, peace, patience, kindness, goodness, gentleness, self control, it's all health promoting. So we don't pursue, we don't pursue a relationship with God, we don't worship Him

for the perks, we worship Him because He's worthy. But having enjoying better health outcomes is just a nice fringe benefit to a close relationship with God. Would you agree with that? Yeah,

**C** Cory Rosenke 05:37

I would agree with you, I would say we don't live in connection with God, for some sort of temporal satisfaction or, you know, temporal blessing, we live in connection with him, because that's what we have been designed for. And when we aren't living in connection with God, I mean, that's when everything falls apart. And I often will, will remind, try to remind people, that we are, as you mentioned, these three part beings body, mind and soul. And we live in a world that is loud, they, they are loud in their promotion of, of the body, and the mind and the end the cravings of the body of the mind, and how to satisfy the cravings of the body and the mind. Meanwhile, our souls are starving to death. And ultimately, I believe that that is the root cause for most of the, you know, the chaos, the despair, the confusion, that depression that we see, so rampant in the world today. It's because we have we have so much biological or material excess. And yet, we're realizing that happiness and peak peace can't be found there. Right. And so that's really what I've tried to do in the book is to say, Hey, you are more than a brain or a body, you are so much more than a brain or body, in fact, the core of who you are, is a soul. Right? And until we begin to live that way, we will forever be in pursuit of some sort of biological promise or some sort of biological satisfaction that at the end of the day won't satisfy. Yeah, the moment we think it will, but it won't.

**D** David Sandstrom 07:07

Yeah, well, you know, my book is called The Christians guide to Holistic Health. And in the book, I started out with a body and a section on the body, then the mind and then spirit with the soul. And, and if I had to do over, I will put the spirit first. Because I really feel that that is the most important part. Because if we get that right, everything else tends to fall into place. You know, we're just working really hard trying to white knuckle our way through, if we're not connected to God to begin with,

**C** Cory Rosenke 07:34

I often try to remind people that the hierarchy of who we are as individuals as three part beings, is that the soul is the boss, or the spirit is that it sends the directors to the mind. And the mind says directives to the body. Right? It's right. But if you want to get to the root, the core of who you are, why do you do what you do? Why are you going through life searching for the things you're searching for? That is not a biological question. That is not a psychological question that is ultimately, you know, a question that has to be asked of the soul. And that's where we're going to find our answers.

**D** David Sandstrom 08:06

Yeah, absolutely. I would, I'd like to take a couple of quotes out of your book you you quoted Isaiah 49. I'm sorry, on page 149, Isaiah 26, verses three and four, we find this you will keep in perfect peace, all who trust in you, all whose thoughts are fixed on you. Trust in the Lord

perfect peace, all who trust in you, all whose thoughts are fixed on you. Trust in the Lord always, for the Lord God is the eternal rock. And after that you lead into this, which is your words, and I really liked this. Rather than building our houses upon the rock as Jesus encourages a Matthew seven, we choose instead to build our homes adjacent to the rock. Therein lies the root of the problem with only one foot on the rock in the other in the sand. Instability is inherent, and inevitable. Could you say a few words to that?

C

Cory Rosenke 08:52

Yeah. Well, I think that this one foot on the rock one foot on the sand is an epidemic today Yeah. Even in the church. Right. And I think the reason for that is because even as Christians, you know, we sing about the soul all the time, right? Yep, it is well with my soul Then sings my soul right? Bless the Lord. Oh my soul You know, every Sunday morning you're gonna hear a song about the soul you know, encouraging it to rise up and go, but we see we seem to receive the gospel or we seem to receive our spiritual is something that skin deep. Right and so we are still living this life with the imagining that things that power know that finances right that the right relate earthly relationships are going to be the thing that brings us peace. And the Scripture is clear to us. It's not right. It's it's living in connection with our maker that is that is that final, more than a cherry on top right. It's actually the foundation beneath, right? That is actually going to lead us to that full life but for most of us, we You're so caught up in the biological, right? The brain and the body, the brain and the body. Right? And that we even as Christians forget that Jesus died to save our souls. Why? Because when you read the Scripture, you find that it is our souls that are held responsible for sin. Right? The gospel is so much deeper than biological, right? It goes down to that core, non biological part of each one of us. Yeah. And I think until we make that mental transfer, it's more than a mental transfer, let me get like, again, there you go. That kind of language that we're so used to right, until we make that soul spirit transfer, where we're where we realized that the core of who I am is not who you see, looking back at you. Right, right. The core of who you are is not who I see looking back at me, right? But it is that soul beneath until we make that transfer, we will continue to have that one foot on the rock and that one foot on the sand. And it's fascinating to me, when I even when I look at the church, and we, we we hear that we're supposed to be as Christians, you know, different in so many ways. And yet I find that that is unfortunately often not the case, we are pursuing the same things that are on on believing neighbors are pursuing. Only now we're expecting God to aid us in the pursuit. Right, right. And God is saying, hey, you know what, I want to give you these earthly things as blessings. Right? And because you are, you are a three part being you do have a body in the mind, I'm not trying to throw that away, right? You know, God says, I do want to bless you in this regard. But you are so much deeper than that, until we realize that we are more than biological beings, we are non biological beings created an image of God created to live in connection with God, we will always live in that in stable, unstable place, have one foot on the rock and one foot on the sand.

D

David Sandstrom 11:50

Right, And we don't enjoy all the benefits of knowing Him. You know, it really does take a complete surrender, when I admonished people to, to align their lives more fully with God's natural desire for spirit, mind and body, we've got to trust in Him, we've got to be able to say, Hey, God knows better than me, I don't have all this figured out, I'm just going to surrender to His loving goodness. You know, God is omniscient. He knows everything even knows the future. So when he gives us an admonition, it's for our benefit. And when he gives us a prohibition, he

tells us not to do something, it's for our protection. There's never a time when those two truths don't apply. So when it comes to our pursuit of really health, but anything in life, we do well to surrender to God's goodness. And things will tend to work out for us, you know, this does not name it and claim it. You know, we're not we're not trying to paint God into a corner, and making performed for us like a circus animal. No, but the Word of God is clear. When we surrender to God, we do things his way. Because Jeremiah 29:11, he knows I know, the plans he has for us to prosper us and give us a future and a hope. When we surrender, that goodness, things will tend to work out for us. No guarantees. But you know, that's, that's why I want to live my life.

**C** Cory Rosenke 13:06

Right. Well, I would say that, I always say when God says no, it's with love written all over it. Right? That's something we need to remember. But I guess I would also add this, when we do things God's way. It always ends up in blessing. And what I don't mean is, like I said, I mean, that spiritually, I mean, that in the soul, because we tend again, what do we want to do? We want to transfer that immediately to biological blessing. Right? It is God's will for everybody. All of us to experience peace, to experience joy, to experience fullness, yes. And our best opportunity to experience those things is when we stop attaching them to biological things, right? Because we tend to think, okay, the Lord wants me to have peace. That means he wants me to have a high paying job and no stress in my life. It's like, no, no, no. God wants you to have peace, regardless of whether or not you have a high paying job and low stress in your life. And he offers it to you and there's he's given you access to it right now.

**D** David Sandstrom 14:08

Yeah, that's right. You know, one of the verses has spoken to me in profound ways over the years is John 10:10. Jesus came to give us life and life abundant. How would you define the abundant life? Cory?

**C** Cory Rosenke 14:19

Yeah, well, I would say the abundant life is, is living in connection with God. And what does that mean? You know, what does that mean? It means that God, God's priorities are my priorities, that the things God pursues, I pursue that the things God loves, I love and of course, the opposite things God hates I hate and when I live in that connection with him, I have that abundant life because I surrender. Ultimately, what I would say are what would the what the scripture often calls the cravings of, you know the flesh and that is They cravings that demand a fleshly. Solution. Right. Right. And so ultimately living an abundant life is living a life of joy and peace. exactly where you are doing exactly what God has called you to do. And what I try to encourage people in all the time is you have access to that right now. That's the beauty of it. You nothing in your life, biologically has to change, for you to experience joy, and peace. What needs to change is our understanding of who we are, and who God has made us to be. I was actually I heard the lyrics to the song, and it's like, I, I've heard this song my whole life. But it's like I just heard the words the other day. It says, If you want to be somebody else, change your mind. And I was just like, blown away by the depth of that statement. My whole life. I've sung those lyrics, right. But it's the first time I heard them, if you want to be somebody else, change

your mind. And what I would I guess the way I would kind of tweak that a little bit is change your perspective. Right? Right. And that is, because there are a whole lot of, I guess, I would say this, you have an audience out there. And there are probably a whole lot of people, that we're all looking for peace. We're all looking for happiness, we're all looking for fulfillment. But we have attached we have tethered those things to the same place the world has tethered them. And we need to change that perspective and realize it's not tethered there. It's tethered in God Himself.

D

David Sandstrom 16:40

Yeah. You know, I think as a whole, the Christian community had a real opportunity during the COVID crisis, to really show that, you know, no, we're different. We can enjoy peace, even in the middle of turmoil, even through the mess, we have a peace in God that transcends all understanding. And I think, you know, in a lot of ways, we missed that opportunity, as a whole. Which is a shame. You know, you said something a moment ago, Cory, I want to, I want to go back to you said, we want to enjoy a connected relationship with God. And in your book, you talk about the relationship Adam and Eve had in the garden, and all of the all of their needs were being met, and that the five cravings of their souls was were being met by God Himself. Can you talk a little bit about that, that ideal? And I know we've we've fallen from that. But let's let's start there, and talk about you know, what they had, and what what we've lost as a human race and in the ways that we try to, you know, remember Eden and and try to fill those gaps in the unhealthy ways. But let's start with what what did they have and eaten?

C

Cory Rosenke 17:45

Yeah, Well, I mean, that's, that is the beauty of it, where they walked in relationship with God. And the amazing part is, this serpent, did not offer them anything they didn't already have. What he did was, he told what he tried to convince them to do and ultimately succeeded in doing was had them point, their craving, the satisfaction of their soul, away from the fulfillment found in God and towards other things, specifically towards themselves, specifically to their towards their own knowledge and their own capabilities. And that's ultimately when everything fell apart. And I often say that's the original sin. The Original Sin is when, you know, Adam and Eve, were looking to God, God walked with him in the garden, God had God gave them blessing. You know, they walked in total security, identity, independence, significance, innocence, and the serpent convinced them to pursue those cravings in a different direction. And ultimately, when we look at the world today, that is exactly what we are still doing.

D

David Sandstrom 18:49

Yeah, I want to repeat those because Korea went through those kind of fast, the, the five cravings of the soul, or that were all met in the garden are security, identity, independence, significance, and innocence. And Adam and Eve enjoyed all that they had a they had a secure relationship with God Himself. There was no danger. There was no death. They had identity, they were loved and cherished. They were children of God, and they knew it. They had independence, God told them to subdue the earth and rule over it. And they were able to do enjoy their freedom, their liberty, so to speak, within the confines of God's God's design, they had complete independence and freedom and liberty. They had significance, they were the

crown jewel of creation. They were granted dominion over the earth, and that's why they're significant because they were made in the image of God and made to rule and rule over creation, which is an amazing idea, amazing concept and they had innocence. They were sinless for a period of time, probably knowing human nature, not a long period of time. But there was a point in time where if Adam and Eve was sinless, right, they had it Since it all about all that got lost when the enemy came along and deceived. So can you talk a little bit, Cory, about how we today, try to go back to Eden and try to secure peace in all five of those areas and unhealthy highs?

C

Cory Rosenke 20:18

Yeah. Well, I just think of what the what the serpent said to Eve, you know, he first off, he starts by asking How Did God really say? You can't eat from that tree? You know? And Eve to her credit? She says, Yeah, that's what God said.

D

David Sandstrom 20:34

Started off on a good, a good note,

C

Cory Rosenke 20:36

But just think of that. Did God really say? I mean, that is the exact same thing the serpent is saying today. Right to especially to I will say this to the to believers, you know, to those in the church right now, we have this, I do believe that we have again, I don't want to overuse the word epidemic. But we have oftentimes churches full of people who, what I some I hate, I grieved to say this, but who believe in God without believing God. Right? Yeah. And then there's the difference between the two, where they where they want to believe in the blessing of God and the forgiveness of God without actually believing God, when He says, Okay, I want you to do this. I've designed you for this, I want you to, to not do this. And I think that's an epidemic. And so we hear that word of the serpent. Did God really say, right? And we go, Oh, did he did he, of course, in our sin nature, cause gets us to pursue our own way. So we see that right from the garden right through today. And then the next part when he finally says, Yeah, that's what God says. God says, If we eat from that will die. Say, the serpent says, You will not die. Again, that is the exact same thing that we hear today. You know, we go forth, and we say, This is what God says about reality. And the world says, That's not true. Right? Like we we say, This is what the Bible says about spiritual health or sexual health, right, or moral health. And the world says, That's not true. Yeah, that that same influence, those same words that the serpent spoke in the garden are the same things that are leading us astray today, or keeping us from returning to our Maker. The same thing hasn't changed.

D

David Sandstrom 22:21

Yeah, absolutely. One of the things. Another quote you have in the book here is this is the verdict. The world fiercely craves peace, but increasingly marginalizes the God of peace. They crave a mountaintop experience, but purposely avoid the greatest mountain of them all. The irony is, this situation would be amusing if it wasn't so tragic and heartbreaking. This is why

awakening to the cravings of our soul is of such high importance only in understanding what we're truly looking for do we have any hope in of searching in the right direction. So you got touched on that? But could you maybe say a few words out a few words to that?

C

Cory Rosenke 23:01

Well, that's why I'm so passionate about communicating to people and getting the awareness out there that some people want to talk to you. I talked to a lot of people on radio, podcasts, television interviews, and to be honest, most of them are, aren't Christian. I speak to a lot of psychologists, a lot of atheists, a lot of metaphysicists, people from all different backgrounds, and, and so they want to, when I talk to them, I try to approach the conversation a little bit different in a way in a way that they can accept, right. But what's so important to me about communicating the five cravings of the soul is that first off on a philosophical or psychological level, it helps people understand why people do what they do. Yeah, right. I believe that it is the cravings of our soul that have propelled all of humanity throughout life and time. Right. We are driven this these five cravings again, you mentioned them security, identity, independence, significance, innocence. That's what we're looking for. When we enter into a marriage, right, oftentimes, that's what we that's what we're looking for when people leave a marriage. Right? They think, oh, I went to this marriage thinking I was going to find these craving satisfaction for these cravings there. I didn't. So I'm leaving, right. It's what we look for when we're when we're pursuing a degree when we're pursuing a career. Yeah, it's what's it's what's pushing us throughout. I mean, I even think of council cancel culture today, you know, or what they call cancel culture today. Right? It is this hierarchy of well, I talked about the need for us to feel innocent, it's a craving of the soul right? Who is the most innocent and so we have these innocence wars. But ultimately, though, it is these five cravings that we are pursuing and when you can when you know what you're looking for, right? Good because it is amazing to me, the the intellectual people, the people I speak to who have multiple doctorates and PhDs. And you know, they just they have such an impressive resume. Right? How? When I'll ask them, How do you define peace? Or how do you find happiness? They don't have an answer. They don't have an answer. We've, we've left them ambiguous. And when you think of it, what is the word looking for peace and happiness? I mean, those are kind of the probably the two words that are going to come out of people's mouths. First, they were looking for peace and happiness. And yet they don't know what defines peace and happiness. Right? And ultimately, what I try to remind people saying, I'll tell you what the prerequisites for peace and happiness are. They are security, identity, independence, significance, and innocence. Yeah, all five of those cravings have to be satisfied simultaneously, in order for us to have peace. And that's why peace is so fleeting. Right? That's why we all can experience moments of peace, you know, we're on family vacation or something like that, or seasons of peace, even if we're fortunate. But ultimately, it fades away. Because at the end of the day, we cannot experience satisfaction for non biological cravings in biological things, or biological places. Yeah. And so it's important for me, as you mentioned, is to help people look in the right direction. So many people are, I mean, I coach people all the time, in many different people who work at Google people who are kind of down and out just regular, just regular folks. And so often I find that people have this emptiness inside, they have a yearning, but they don't understand what that yearning is. Yeah, right. And so what I've tried to do is help them come along and name it. Because once you can name it, once you can say, hey, I finally know what I'm looking for, then you have a chance to find it.

D

David Sandstrom 26:45



Yeah, yeah, very good. But you know, it takes it takes a book like yours and a little bit of contemplation and meditation to really start to get a handle on that, to wrap your mind around it. Just to add to what you said, you know, a couple of ways we might be pursuing, let's say, significance, is, you know, the kind of car we drive we want, we want a stylish car, we want an expensive import, you know, we want people to see how significant how important I am because of the car I drive or innocence, the first time we start trying to defend ourselves, you know, we get in an argument with our spouse, you know, I didn't say that, but you took me wrong, you know, and then we start defending, you know, with the argument come becomes about the turns into not the original issue. But you know, what, what he said, or she said, instead of what actually was going on, so we're protecting we're trying to pursue our innocence. So this this permeates, you know, just about every area of life, it's, it's, it's everywhere you look, you don't want to go back to something you said there about the atheists in the metaphysicists. They they can't define peace in you know, my dad used to say, the Bible is oftentimes its own dictionary, you know, we can let the Bible itself define some of these words for us. And I'd like to kind of spend a little time on truth. And, you know, a lot of people might if you ask somebody, what is truth, even from Bible believing Christians, you might hear somebody say, well, whatever the Bible says, you know, if the Bible declares something, then it's truth. Well, that's not really accurate, because the Bible doesn't. For instance, adultery is not wrong, because the Bible says it's wrong. Don't the Bible says Adultery is wrong, because it is wrong. You know, the Bible does Bible says Do not lie. But lying is not wrong, because the Bible says so lying is wrong, because it is wrong. And the Bible simply declares that truth that already exists. So you know, it's there's a kind of a shift going on there. You know, we don't get to define truth, we discover it.

C

Cory Rosenke 28:45

Yeah. Yeah. Yeah, I often will say that truth is a reality. Right? If you're if you're going to break it down into a simplistic way. And the reality, interestingly enough, is what much of the world is seeking to avoid or distort, right? And that is why of course, truth is avoided or distorted, right? or rejected, you know, and so, at the end of the day, I often say that's what people will ask, you know, what is the gospel? Right? And if you ask three different theologians, you get different answers, right? There's going to be one person that's gonna say, well, the gospel is about the coming Kingdom of God, and they're absolutely right. That's what the Bible says. Or they're gonna say, someone else is gonna say, well, the gospel is about the death and the resurrection of Christ. And they're right. That's, that's what the Bible says. And then there's gonna be the other the other type, we're gonna say what the gospel is the message about salvation, by grace through faith, and they're right, but more than all that, what the what the gospel does what the Bible does for that matter, is it presents reality. It says this is the way things are it presents the truth, right? Yes, as you've put it out, right, and Again, as you mentioned, is it it's not true because the Bible says it. The Bible says it because it's true.

D

David Sandstrom 30:05

Exactly. Right. Exactly. And that totally changes everything. Really? Yeah, it really does. And I think it helps the whole concept we were talking about earlier about, you know, a complete surrender. You know, it really helps to know that, that God is true. Jesus said, I am the Way the Truth and the Life. So he didn't say I found a truth. Right? He said, I am the truth. Yeah, get to know him. That's, that's what it's really all about. So you know, one of the things I love about

your book, Cory, is that you don't just start out with good theory and leave us there. You got some, you have some practical tips on how we can actually move in that direction and implement these these truths in our lives. And one of them is sanctification. And I'm going to quote you here. And Insight number one, this is when you kind of shifted gears in the book and say, Okay, now we've laid out that we describe the problem. Now let's talk about how what we do about it. And I liked that section. And you said this, Christians prefer to experience an instant, instantaneous miracle. And at times, God grants us this grace. I've seen it, I've experienced it. But more often, God prefers to work through the long miracle. Can you explain that?

C

Cory Rosenke 31:15

Yeah. Oh, man, it's, I was actually just had a client yesterday that we were talking about this very concept. There are those times, right. And, like, as I mentioned, I've experienced it right? When you just say, when you say, Lord, I'm struggling with this temptation, or I'm struggling with this addiction deliver me. And I've met people who were alcoholics. And they became Christians. And that's like, overnight, they were just done with alcohol, right? It's just like, boom, right? Yeah, sometimes that happens. But for the most part, God calls us through the work of sanctification, right? Where, where he calls us to confront ourselves. And then together with God, we deconstruct that which is dark, that would just not have him. And we build it back up in his design, and in His grace. And at the end of the day, I believe that those of us who experienced the long miracle of sanctification, we are better off, because we have gone through it together with God. Yeah, you know, so they talk about, you know, military troops in the band of brothers, and how you know, being in those intense environments, creates a bond that lasts, you know, for people's entire lives, even the soldiers who fought in World War Two together, and they didn't see each other and 60 years, and all of a sudden they meet together for, you know, for some Memorial Day celebration, or whatever it is, and it's like, they're bonded immediately. That's what we experience when we go through sanctification. And we go through it with God, because we have been in the trenches with him. And we come out stronger for where as I'm not ah, again, I love the immediate miracle. But oftentimes, those who are expected an immediate miracle, we tend to get the attitude that we look to God, as in him, what have you done for me lately? Right, we're looking to receive, just just take, take receive, receive, when God has called us to really walk through life with him. And when we when we face ourselves with God, right, that bond with God grows, our confidence grows. And ultimately, that's how we can experience that lasting transformation.

D

David Sandstrom 33:30

Yeah, very good. You know, I think this is the the answer to why when people pray for healing, they don't oftentimes don't see the desired outcome they want, because they're looking for that short miracle. You know, I believe God can and does do healing miracles, He does. But I believe I agree with you completely, that often, he is going to do the slow process. And he's more concerned with our spiritual growth and our sanctification than he is with our comfort. Yeah. And I asked a couple years ago, I was talking to one of the elders at our church, and I said, you guys know people with oil and pray for healing and something, somebody comes to the elders? He says, Yeah, we do. said, How often do you see healing, he said, Dave, he put his head down, he said, very rare. Very rare, because this is the way God works. God is more

concerned with our growth, and helping us to become the men and women he had in mind when he created us than he is with our immediate comfort. And I think that's the reason why we don't see answered prayers. Like we'd like to see the immediate fix.

C

Cory Rosenke 34:33

Well, and not only that, or and again, I want to I don't want to people make people think I'm anti healing. I'm 100% not I mean, I have I have I've been myself Ill I've had very ill family members, and I've prayed for them. And I've asked God to heal them. And that's, you know, I think that is it is our privilege to do so. Right. But I think we have to be very careful. I think sometimes it exposes to us the depth of our Gospel. Remember I started off talking about men, many of us have a faith or pursue a gospel that is skin deep. And we and because we forget what we are, we are not just biological creatures more than biological creatures, we are non biological creatures, and the diseases and the sicknesses that we would best be served to focus our prayers against. Are those diseases that affect the soul? Right? And, and I believe when you actually read when we, when we look through the gospel, we look through scripture from broader than a biological lens, we find that a lot of the texts specifically in the Old Testament, a lot of the promises about God, healing and God restoring and God making new are not biological promises, or at least they are not strictly biological promises. They are spirit holistic than that, right? Yeah, God wants to heal more than the body. God wants to heal and restore your soul.

D

David Sandstrom 35:57

Absolutely. Couldn't agree more. Here's another quote in that section of the book that I'd love to, I'd love to hear some a few words from you on this. We must also desist in our attempts to live on bread alone, and prioritize more and more every word that comes from the mouth of God. Matthew four, four. So that's talking about the growth, right?

C

Cory Rosenke 36:18

Oh, yeah, once again, we're talking about the biological versus non biological, we're talking about the bread that can give me carbs, to get this biological engine, you know, up and running for a moment, versus that that word, you know, that Sweetwater from the Lord that restores my soul? Right? And, and we are so much better off when we you know, not just from a health and weight gain scenario, when we pursue less physical bread, you know, and, you know, and more spiritual bread.

D

David Sandstrom 36:50

Yeah, absolutely. You know, this was an an insight that I got from, from your words in the book as well. Of course, I'm familiar with Philippians 4:8-9, you know, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, admirable, and if anything is excellent or praiseworthy think on these things. But then you pointed out that he summarized as Paul summarizes after that, and he ends that passage presenting, and the peace of God will

be with you. You know, so it's really not just about well do this out of duty. Right? I know this, there's advantages in there for us, for us, in doing things God's way that peace of God will overwhelm us. It's kind of like a river just take us down that stream.

C

Cory Rosenke 37:35

Yeah. Because ultimately, what that passage is saying, right is is saying, your biology, your brain, your body, and all of what you've been taught in a in a fallen world has been Cory, what you need is power. Cory, what you need is money. Cory, what you what you need is, is more sex and more respect, right? And a bigger paycheck, and you will have peace. And Paul saying, No, Trent transform that thinking change that thinking turn your eyes to the things that God wants you to focus on. And that's where the peace is gonna come. Real peace. Yeah, real peace. Yeah. Lasting peace. Right?

D

David Sandstrom 38:13

Yeah. Yeah. Love it. So in concluding, here's another quote that I'd like you to say a few words on. Moreover, when we finally recognize the people around us for what they are, eternal souls, created the image of God, temporarily encased in mortal bodies, afflicted by the sin, nature and desperately trying to find peace, and not simply as disagreeable biological creatures. Well, that changes everything. This truer understanding grants us the opportunity to become better spouses, better neighbors, better parents, and better witnesses to God's goodness. Would you say a few words to that?

C

Cory Rosenke 38:50

Yeah. Well, to me, that is where that is the portions of the book that I believe that specifically on non Christians, I've spoken to different atheists, because of the different people I've talked to you are really excited about, and I believe it also has benefits. It's for the Christian as well. What because when I understand the cravings of the soul, I can understand you. Yeah. Right. And when I can understand you, it gives me a way, it gives me a whole new level of grace for you. Right, because I know, you know, when we when we realize that those those kids that are that are, why are they drawn to that bad news? gang was I'll use the dual gang for them. I'm what they're looking for identity. Yeah. Right. And if I truly want to help them, it's not just going to be don't go to that gang. It's going to be okay. There's an identity craving, how can I help them point that craving in the right direction? Yeah, right. Yeah. Or you feel like you know, you get your you're looking at your spouse, and there's this conflict that you have, you know, in one scenario, I can look and I can say, Oh, my goodness, she's pursuing security. Right? And rather than just having this big fight over a senario, I now can understand her. And I know what she's looking for. And that allows me to love her that allows me to have patience with her, that allows me to do the small part that I can to help point that, you know that craving in the right direction? And because it does, it changes everything that way, when you look at the politicians in the world today, right, I have to think about this with politics. We have the this nation is so divided, you know, over politics. Why? Well, because we've made politics and identity issue. You know, it's no longer about preference, right? It's about identity. And so you look at these people, and it's like, they're not even hearing each other. When it comes to a conversation. There's simply a war taking place. Why? Because they've allowed identity or politics to become

their identity. And now I can look at them and I go, Okay, the reason we have conflict here, it's an identity issue. And if we're going to solve this partisan anger, we're going to have to speak to the issue of identity

**D** David Sandstrom 40:59

identity. Absolutely. And you know, it's not just politicians, either it's big corporations marketing to us, they want us to adopt their identity, the identity they have for us. And, you know, I'm not against going to school, I've got an MBA, but my daughter is attending a big Georgia school right now. And it's University of Georgia. And they sent us an email after she got accepted, said, Okay, parents, you are now Bulldogs. You know, they wanted to hand me that identity. And because, you know, now I'm a bulldog, I'm going to, I'm going to, I'm going to buy that high priced sweatshirt in the in the flags of my car, and you know, I'm going to be spending lots of money at their institution. But you know, it's all about identity. That's marketing.

**C** Cory Rosenke 41:41

Yeah, exactly. And that's, that's what, that's what every commercial is trying to do, right? They're not trying to sell you a product anymore, they're trying to sell you an identity, because if you will adopt their product as an identity, then they have their claws in you long term. And whether their product remains quality, or becomes you know, low quality or whether it remains ethical or becomes unethical. Doesn't matter, because it's my identity, I'm not going to let go of it. So we have to be very careful of the things in our lives that we allow to become identity issues.

**D** David Sandstrom 42:13

Yeah, absolutely. So Cory, if you could sum up the most important some of the highlights that we talked about today, what would you like people to remember most?

**C** Cory Rosenke 42:21

Yeah, I guess I would, I would like to leave them with this to start with, that you are not the reflection in the mirror, you're not the number on the weight scale, as we talked about, you're not the diploma on your wall, you're not the car you drive or the the the balance in your bank account, more than any of that more than a brain or body, you are a soul. And it is that soul that is ultimately, the source of your ambition, the source of your craving. And if you want satisfaction, if you're looking for peace, if you're looking for happiness, you need to look towards answering that cry of the soul. And that's a tough message today. Because like I said, the world is loud and calling us to the worship at the altar of the biological, right. And so my hope for your audience for yourself for myself is that we would maintain a perspective that realizes that more than a brain or body I am a soul. And if I am going to find peace and happiness and fulfillment, right? I have to connect that soul back with its maker.

**D** David Sandstrom 43:29

DAVID SANDSTROM 44:12

Yeah, very good. Your book again, it's called the magnetic heart of God, understanding the five cravings of your soul. And you know, if you're if you're resonating with this message, there's a good reason for that, because we all have them. We all have these cravings. And you know, if you're interested in studying psychology, if you want to read something before you read Carl Jung or Sigmund Freud, pick up this book first. You'll have a lot more understanding and a lot deeper understanding and better perspective, to listen to those teachings. If you understand the true cravings of the soul, and I can't say enough good things about this book, it was it was a phenomenal read, highly recommend it. Cory if someone wants to get the book or get a hold of you, what's the best way to do that?

C

Cory Rosenke 44:13

While the easiest way is to go to my website, CoryRosenke.com. You can learn more about me you can it shows you several avenues to purchase the book, or you could even contact me directly, or just search the magnetic card of God. And it'll show up at a store near you.

D

David Sandstrom 44:28

Okay, excellent. Corey, thank you for your time today. I really enjoyed it.

C

Cory Rosenke 44:32

Thank you so much, David, I appreciate it.

D

David Sandstrom 44:35

For more, go to the show notes page at [davidsandstrom.com/130](http://davidsandstrom.com/130). There you can find links to all the resources that we mentioned, as well as a whole lot more video version of the podcast and audio, among other things. Be sure to tune in next time. We're going to be talking with Josh Dech. Josh is a former paramedic turned holistic nutritionist and we're going to be talking about of course nutrition. We're going to talk about gut health and how the body is designed to heal itself. And we're going to contrast functional medicine versus allopathic medicine. It's a great conversation, I think you'll enjoy it. I'd like to welcome all of my new overcast listeners, I've noticed there's been quite a few people subscribing to the show via overcast, the podcast listening app. Welcome, I appreciate you. And I hope to serve you well. And another thing I'd like to update you on is my book sales online are really starting to pick up and I appreciate anybody who's picked up a copy of my book, The Christians guide to Holistic Health. And if you've enjoyed the book, I sure would appreciate you head on over to Amazon and leaving a review that helps other people find the book as well. Thank you for purchasing it and reading it. I appreciate you. That's it for now. Thank you for listening. I'll talk with you next time be blessed.