

THE BLUEPRINT FOR POWER

Purpose, Diet, and the Word of God



STUDY GUIDE

LECTURE: THE BLUEPRINT FOR POWER:
PURPOSE, DIET, AND THE WORD OF GOD

DELIVERED: SUNDAY AUGUST 16 2026

KEYNOTE:
STUDENTS REGIONAL MINISTER
RODNEY MUHAMMAD

SUMMARY

In this powerful Sunday lecture, representatives from the Nation of Islam deliver a multi-layered message focused on spiritual formatting, physical health, and divine purpose.

Featured Speakers:

- **Introduction & Opening Words: Student In The Ministry Joseph Muhammad** sets the stage by addressing the "dangerous time of transition" the world has entered. He provides a profound look into the divine science and "technology" of prayer as an essential tool for survival against mental illness and global distress.
- **Student In The Ministry Tuere Muhammad:** Delivers a vital health message based on "How to Eat to Live." She explores the "willpower of Allah in man," examining how ultra-processed foods destroy self-control and why feeding the infinite brain with the Word of God is more essential than feeding the finite stomach.
- **Keynote Speaker:** Delaware Valley Student Regional Minister Rodney Muhammad delivers the main address, "The Blueprint for Power." He challenges the congregation to reject mediocrity and embrace their identity as "the glory of God." Moving from self-improvement to collective destiny, he explains that the ultimate goal is not to fight the enemy, but to outgrow them through divine knowledge and excellence.

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Study Guide I: Supporting Speakers

Featuring Brother Joseph and Sister Sherera Muhammad

1. **Question:** According to Brother Joseph, what is the current state of the world in "this year 2026," and what specific crises does he list?
 - **Answer:** He states the world is in "deep distress," navigating an era marked by unprecedented natural disasters, escalating global wars, intense political unrest, and a "quiet but devastating pandemic of mental illness." (Source: 0:05:11 - 0:05:33)
2. **Question:** Brother Joseph describes prayer as a specific type of "weapon." What kind of weapon is it, and how does it function?
 - **Answer:** Quoting the Honorable Elijah Muhammad, he describes prayer as "the only counter-weapon we have against the enemy's psychological warfare." It functions by breaking the mind away from the "matrix of this world" to restore mental sanctity and fortitude. (Source: 0:09:53 - 0:12:09)
3. **Question:** According to Sister Sherera Muhammad, what did the Honorable Elijah Muhammad teach regarding the capacity of the human brain?
 - **Answer:** He taught that "the brain of man is infinite." Therefore, whatever the mind can conceive, it can bring into reality with the help of Allah. (Source: 0:19:15 - 0:19:40)
4. **Question:** What does Sister Sherera Muhammad identify as a major obstacle to self-control regarding diet, citing a specific type of food?

- **Answer:** She identifies "ultra-processed packaged foods" which contain chemicals designed to be addictive, comparing them scientific reports that state they are as addictive as cigarettes and cocaine. (Source: 0:21:55 - 0:22:38)

5. **Question:** According to Sister Sherera, where does real power and electrical energy for the human being come from, if not from excess food?

- **Answer:** Real power comes from "understanding the Word of God," which contains the "highest form of electrical energy" to make a person truly alive on the mental and spiritual plane. (Source: 0:26:35 - 0:27:28)

Study Guide 2: Keynote Speaker

Featuring Delaware Valley Student Regional Minister Rodney Muhammad

1. **Question:** Minister Rodney Muhammad states that knowing the truth is not enough. What does he say is also necessary?

- **Answer:** It is necessary to know the "Author" of that truth. (Source: 0:32:58)

2. **Question:** Based on his background in psychiatric therapies, what critique does Minister Rodney offer regarding modern mental health treatment?

- **Answer:** He observes that they "were always giving people pills" and very short therapy sessions, resulting in people who "never got well." He contrasts this with the Minister's teaching that "the only psychology that will work on the human mind is truth." (Source: 0:38:40 - 0:39:35)

3. **Question:** What physical reality does the Minister use to illustrate the spiritual pressure caving in on the human mind in this world?

- **Answer:** He uses atmospheric pressure (14.7 pounds per square inch) caving in on the body, which is countered by physical breathing. He argues that hearing the Word of God is the spiritual "breathing" necessary to counter the evil forces caving in on the mind. (Source: 0:44:32 - 0:45:49)

4. **Question:** How does the Minister answer the question, "How do you know that the man that you met was God?" posed by Minister Lucius Bey to the Honorable Elijah Muhammad?

- **Answer:** The answer given was, "Because he has made me all into himself." (Source: 0:48:16)

5. **Question:** What reason does the Minister give for why Master Fard Muhammad came to North America "by myself" rather than using people from the East to help?

- **Answer:** Because what happened to Black people in America had never happened to anyone before, therefore a new man had to be made from among them, as nobody "overseas" would be able to help them except Him. (Source: 1:21:08 - 1:22:55)

6. **Question:** What does the Minister state regarding the standard of mediocrity within God's creation?

- **Answer:** He states that "nothing that God created is mediocre," listing flees, bees, stars, and mountains as examples of excellence, concluding that all of creation is worthy of praise. (Source: 1:31:14 - 1:32:17)

7. **Question:** Who or what is distinctively called "the glory of God" in the universe, and why?

- **Answer:** The human being is the glory of God because nothing in creation is greater in potential to "manifest God." (Source: 1:32:28 - 1:33:07)

8. **Question:** What requirement does the Minister put on those entering the Mosque under the leadership of Minister Farrakhan regarding their level of expectation?
- **Answer:** The "level of expectation is supposed to go up." Followers are expected to make the best of themselves, desire to be greater, and desire to be righteous. (Source: 1:39:05 - 1:40:02)
9. **Question:** What does the Minister identify as the real way the enemy is "killing us off," beyond "white privilege"?
- **Answer:** Through "low expectation"—getting Black people to accept that they shouldn't expect much more from themselves. (Source: 1:39:52 - 1:40:26)
10. **Question:** Minister Rodney Muhammad clarifies the ultimate purpose of the Nation of Islam regarding white people. What is that purpose?
- **Answer:** "We're not here to fight white people. We here to outgrow them." (Source: 1:47:28 - 1:47:41)
11. **Question:** What three attributes does the Minister state God has given, countering a spirit of fear?
- **Answer:** Love, power, and a sound mind. (Source: 1:49:15)
12. **Question:** How does the Minister interpret the symbol of Jesus walking on the water in relation to modern security?
- **Answer:** While disciples relied on a boat (representing the security of the world), Jesus relied on being "in touch with the law of buoyancy" and the "Author of it." It illustrates the need to rely on divine law rather than worldly security. (Source: 1:50:34 - 1:51:12)