REGISTRATION & EVENT DETAILS

ENTER THE CITY

SATURDAY, NOVEMBER 7, 2026

12:00 PM - 3:00 PM | THREE-HOUR INTRODUCTION

Nehemiah Coffee Co.

505 E. Lamar Blvd., Suite K100 | Arlington, TX 76011

EARLY $49 THRU OCT 14 | REGULAR $69 THRU NOV 5

20 IN PERSON | 10 ONLINE

Admission includes the seminar, City Assessment, guided personal Life Map exercise, seminar workbook, and foundational rebuilding framework.

PERSONALIZED NEXT STEPS AVAILABLE

- One-on-one Life Mapping - $125
- Personalized Transformation Plan - $249
- Custom program design - starting at $205
- Ongoing coaching and implementation support

Personalized services are purchased separately and are not included with admission.

PRESENTED BY JONATHAN DELMAR

Trainer, performance coach, biomechanics analyst, author, and founder of Weight & Glory Fitness LLC.

SCAN TO REGISTER

wgfit.org/city-of-you-experience

Tickets, checkout, and event details

Educational and faith-based wellness information only; not medical diagnosis or treatment.

SOMEWHERE WITHIN YOUR CITY...

THE VISIBLE PROBLEM MAY NOT BE THE FIRST PROBLEM

You believe one thing - but repeatedly do another.

You want to change - but familiar patterns keep returning.

Pressure enters through relationships, circumstances, memories, and the senses. Messages travel. Decisions are made. The body responds - sometimes before you understand what is happening.

What is governing your City?

What will this experience help me understand?

What happens when the infrastructure of my city breaks down?

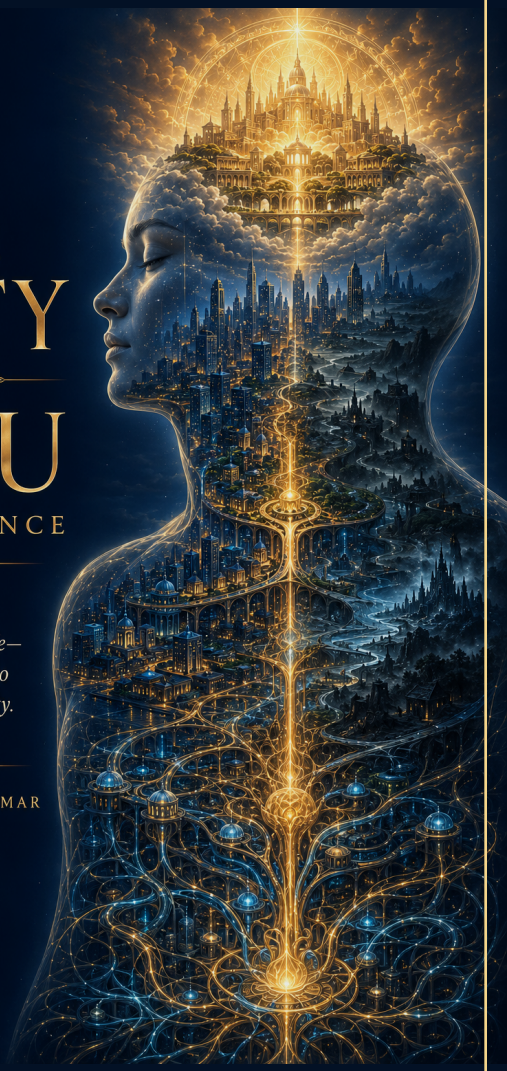
A physical response may begin with emotional pressure. A repeated habit may be connected to a governing belief. A spiritual conflict may influence decisions throughout the entire City.

To rebuild the City, you must first learn how it works.

THE CITY OF YOU EXPERIENCE

Discover what governs your life— and learn how to rebuild your City.

JONATHAN DELMAR



SPIRIT. SOUL. BODY.

ONE INTERCONNECTED LIVING CITY

THE FRAMEWORK

YOU ARE A LIVING CITY

You are more than a body.
You are more than your thoughts, emotions, habits, or circumstances.

Within you is an entire living City: a government that establishes order, gates that receive information, messengers that carry instructions, defenses that answer danger, resources that must be managed, and infrastructure that supports daily life.

- Every pressure must enter somewhere.
- Every message must be interpreted.
- Every decision sends instructions throughout the City.

The City of You is a way of seeing the whole person - spirit, soul, and body - as one interconnected living system.

When communication is healthy, the City can respond with wisdom, order, and purpose. When communication breaks down, confusion spreads and the wrong influences can begin governing its responses.

HOW THE CITY IS ORDERED

ONE CITY. THREE REALMS.

Each realm is distinct, yet each is continually communicating with the others.

THE UPPER REALM - SPIRIT

Communion with God, spiritual direction, conscience, truth, and purpose. This realm belongs to God; resistance may dull reception, but darkness does not dethrone His rule.

THE MIDDLE REALM - SOUL

The mind, will, and emotions - the inner city where messages are interpreted, beliefs and memories exert influence, and decisions are made.

THE LOWER REALM - BODY

The physical infrastructure: senses, nervous and hormonal communication, movement, energy, habits, symptoms, defenses, and biological responses.

What enters through the body may influence the soul. What is believed within the soul may direct the body. Spiritual order - or resistance to it - can shape how the whole City responds.

Are your Three Realms working together - or competing for control?

REVELATION 2-3

SEVEN CITIES. SEVEN GOVERNING PATTERNS.

Each City carries strengths. Each faces vulnerabilities. Each receives a call to restoration.

- **EPHESUS - THE DILIGENT CITY** Works faithfully, yet can forget what first gave the work meaning.
- **SMYRNA - THE SURVIVOR CITY** Endures pressure, yet can become exhausted, isolated, or drawn toward false peace.
- **PERGAMUM - THE COMPROMISED CITY** Can stand strong while weak gates and boundaries permit harmful influence.
- **THYATIRA - THE NURTURING CITY** Serves generously, yet may tolerate what continually drains its resources.
- **SARDIS - THE PERFORMING CITY** Appears active and alive while alertness and responsiveness fade underneath.
- **PHILADELPHIA - THE FAITHFUL CITY** Keeps serving with limited strength, yet may carry too much for too long.
- **LAODICEA - THE COMFORTABLE CITY** Feels secure and satisfied, yet risks stagnation and lost urgency.

You may recognize pieces of yourself in several Cities - but discovering what governs you requires looking deeper.

DURING THE EXPERIENCE, YOU WILL:

- Follow how messages move through the Three Realms
- Examine what influences decisions and responses
- Encounter the Seven Cities as governing patterns
- Recognize signs of damaged communication
- Begin mapping where restoration may need to start

Every decision, habit, pressure, relationship, and response passes through the City of You.