**DECEMBER 2014**

**NEWSLETTER**

**CLEAVER OF TRUTH MINISTRY**

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 **O fear the LORD, ye his saints: for there is no want to them that fear him. The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing. Psalms 34:9,10**

**Dear Friends and Family,**

 **We can’t make snowmen here in Carrollton, GA but it sure is cold! I heard this was to be a very cold winter and I believe it.**

 **I enjoy sitting in the comfort of our old woodstove, and forgetting about all the work that can’t be done outside like leaf raking! But poor old Rodney still has to go in and out to get the wood. He does a good job keeping us warm and comfortable.**

 **We hope each of you stay nice and warm this winter and have time to reflect on things. Especially should we be reflecting on our Lord and saviour, Jesus Christ and how He is getting ready to come back to the earth for those who love Him. The signs are all here. Out of His love for us He is delaying His coming so that everyone has a chance to get ready. He doesn’t want any of His children to be lost. We are all His children and He loves us very much. Are you getting ready?**

**Our message this month is: PREPARE**

**PHENOMENA**

**OF THE CHILD PREACHERS**

**A LITTLE CHILD SHALL LEAD THEM**

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 **Many years ago, in the Wild West, in the days when the train was the main way of travel, a minister and his wife were traveling with their little boy. They tucked him into bed in the sleeping car, all dressed warmly in his little, red nightshirt, and kissed him goodnight. They then went up to the observation car to watch the stars in the quiet night.**

 **Now, on this same train was a man known as Gambler Jim. He was rough and untaught, making his living off the only skill he had—playing cards. Down in the club car dealing a game, he was about to come face to face with destiny.**

 **After the preacher and his wife had been up in the observation car for about an hour, a rough-looking fellow suddenly made his way into the car.**

 **“Anybody here got a kid what’s dressed in a red nightgown and sings like a bird?” he demanded awkwardly.**

 **The father and mother sprang to their feet, gasping in fear.**

 **“The’ ain’t nothing the matter of him,” the man reassured them, then went on with deeper embarrassment. “The matters with us. You’re a parson, ain’t you? The kid, he’s been singin’ to us an’ talkin’. If you don’t mind, we’d take it mighty good of you to come with me. Not you, ma’am. The kid’s all safe, an’ the parson’ll bring him back in a little while.”**

 **The parson followed through 13 cars to the smoky club car, near the front of the train. There they stopped to listen. Up on a table stood the tiny boy, his face flushed, his voice shrill and sweet.**

 **“Is you ready?” he cried insistently. “My papa says the Bridegroom is Jesus, an’ He wants everybody to be ready when He comes, just cause He loves you.”**

 **Then with childish sweetness came the song which had evidently made the deepest impression on the child’s mind, “Are you ready for the Bridegroom when He comes?”**

 **“He’s sung it over and over,” whispered the gambler, “And I couldn’t stan’ no more. He said you’d pray, Parson.”**

 **As the two approached, the boy lifted his sweet, serious eyes to his father’s. “They want to get ready,” he said simply. With his boy snuggled childishly in his arms, the minister prayed, as he had never prayed before, for the men gathered around the child.**

 **In a few minutes, the father took the child to his anxious mother, and then returned to talk with the men, four of whom that night decided to “get ready.” Among them was the rough man, Gambler Jim.**

 **To this day, it remains a mystery how the child succeeded in reaching the smoky club car unnoticed and unhindered.**

 **As for the little fellow himself, his work was early done, for a few weeks later, upon the return trip, he was stricken with a swift and terrible disease and fell asleep in Jesus.**

 **But what of Gambler Jim? He gave up his old life that night and served the Lord from that day onward. He sought an education and became a preacher. Preacher Jim loved to tell the sweet story of the little child that led him to Jesus.**

 **For more than a year between the autumn of 1842 and the winter of 1843 a spiritual miracle took place--the ministry of the child preachers. E.G. White writes of this:**

 **"In many places where the power of the clergy was exercised to prevent the preaching of the Second Advent truth, the Lord was pleased to send the message through little children [some only 6-8 years old]. As they were under age, the law of the State could not restrain them, and they were permitted to speak freely and unmolested. Thus the warning of the soon-coming Judgment was given to the people.**

**"After recounting the experience of the child preachers, E G White commented:**

 **"Years ago, the work of the first message in these countries was presented before me, and I was shown circumstances similar to those related above. It was God's will that the tidings of the Saviour's coming should be given in Sweden, and when the voices of His servants were silenced, He put His Spirit upon the children, that the work might be accomplished."**

**(E. G. White in Europe 1885-1887 P 108)**

**The Stars Fall from Heaven**

 **In 1833, the last of the signs appeared which were promised by the Saviour as tokens of his second advent. Said Jesus, "The stars shall fall from heaven." Matt. 24:29. And John in the Revelation declared, as he beheld in vision the scenes that herald the day of God: "The stars of heaven fell unto the earth, even as a fig-tree casteth her untimely figs, when she is shaken of a mighty wind." Rev. 6:13.**

 **This prophecy received a striking and impressive fulfillment in the great meteoric shower of November 13, 1833. That was the most extensive and wonderful display of falling stars which has ever been recorded; the whole firmament, over all the United States, being then, for hours, in fiery commotion.**

 **The reader may imagine a constant succession of fire balls, resembling sky rockets, radiating in all directions from a point in the heavens, a few degrees south-east of the zenith, and following the arch of the sky towards the horizon. . . . The balls, as they travelled down the vault, usually left after them a vivid streak of light, and just before they disappeared, exploded, or suddenly resolved themselves into smoke. No report or noise of any kind was observed, although we listened attentively. . . .**

 **The flashes of light, although less intense than lightning, were so bright as to awaken people in their beds. The meteors began to attract notice by their unusual frequency or brilliancy, from nine to twelve o'clock in the evening, were most striking in their appearance, from two to five, arrived at their maximum, in many places, about four o'clock, and continued till rendered invisible by the light of day." (Denison Olmsted, "Observations on the Meteors of November 13th, 1833," The American Journal of Science and Arts, 25 ([Jan 1834), pgs. 363, 365-366, 386, 393-394.)**

**"The whole firmament, over all the United States, being then, for hours, in fiery commotion! No celestial phenomenon has ever occurred in this country, since its first settlement, which was viewed with such intense admiration by one class in the community, or with so much dread and alarm by another." "Never did rain fall much thicker than the meteors fell toward the earth; east, west, north, and south, it was the same. In a word, the whole heavens seemed in motion. . . .” The display, as described in Professor Silliman's Journal, was seen all over North America. . . . From two o'clock until broad daylight, the sky being perfectly serene and cloudless, an incessant play of dazzlingly brilliant luminosities was kept up in the whole heavens." (R. M. Devens, American Progress; or, The Great Events of the Greatest Century, ch. 28, pars. 1-5.)**

 **"No language indeed can come up to the splendor of that magnificent display; no one who did not witness it can form an adequate conception of its glory. It seemed as if the whole starry heavens had congregated at one point near the zenith, and were simultaneously shooting forth, with the velocity of lightning, to every part of the horizon; and yet they were not exhausted--thousands swiftly followed in the track of thousands, as if created for the occasion." "A more correct picture of a fig-tree casting its figs when blown by a mighty wind, it is not possible to behold." (F. Reed, Christian Advocate and Journal, Dec. 13, 1833)**

 **It was so bright that a newspaper could be read on the street. One writer says, "For nearly four hours the sky was literally ablaze." More than a billion shooting stars appeared over the United States and Canada alone." (Peter A. Millman, "The Falling of the Stars," The Telescope, 7 (May-June, 1940) pg 57.)**

 **"The shower pervaded nearly the whole of North America, having appeared in nearly equal splendor from the British possessions on the north to the West-India Islands and Mexico on the South, and from sixty-one degrees of longitude east of the American coast, quite to the Pacific Ocean on the west. Throughout this immense region, the duration was nearly the same." (Denison Olmsted, Letters on Astronomy)**

**"Neither language, nor the pencil, can adequately picture the grandeur and magnificence of the scene. . . . It may be doubted, whether any description has surpassed, in accuracy and impressiveness, that of the old negro in Virginia, who remarked 'It is awful, indeed, sir, it looked like ripe crab-apples falling from the trees, when shaking them for cider.'" (J. T. Buckingham, "The Meteoric Shower," The New-England Magazine, 6 (Jan.-June, 1834). pgs 47, 48.)**

 **"I witnessed this gorgeous spectacle, and was awe-struck. The air seemed filled with bright descending messengers from the sky. It was about daybreak when I saw this sublime scene. I was not without the suggestion, at the moment, that it might be the harbinger of the coming of the Son of Man; and in my then state of mind I was prepared to hail Him as my friend and deliverer. I had read that the 'stars shall fall from heaven,' and they were now falling." (Frederick Douglass, Life and Times of Frederick Douglass (New York: Pathway Press, 1941), p. 117. (Original edition 1855.)**

 **On the day following its appearance, Henry Dana Ward wrote thus of the wonderful phenomenon: "No philosopher or scholar has told or recorded an event, I suppose, like that of yesterday morning. A prophet eighteen hundred years ago foretold it exactly, if we will be at the trouble of understanding stars falling to mean falling stars, in the only sense in which it is possible to be literally true. Thus was displayed the last of those signs of his coming, concerning which Jesus bade his disciples, "When ye shall see all these things, know that it is near, even at the doors." Matt. 24:33. After these signs, John beheld, as the great event next impending, the heavens departing as a scroll, while the earth quaked, mountains and islands removed out of their places, and the wicked in terror sought to flee from the presence of the Son of man.**

 **Many who witnessed the falling of the stars, looked upon it as a herald of the coming Judgment,--"an awful type, a sure forerunner, a merciful sign, of that great and dreadful day." Thus the attention of the people was directed to the fulfillment of prophecy, and many were led to give heed to the warning of the second advent.**

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**MORE SIGNS OF CHRIST COMING**

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| [**Destruction of Jerusalem**](http://www.finalevents.com/Event1/Sign01.asp?p=) **Moral Degeneracy** |
| [**A Great Persecution**](http://www.finalevents.com/Event1/Sign02.asp?p=) **Craze for Pleasure** |
| [**The Great Earthquake**](http://www.finalevents.com/Event1/Sign03.asp?p=) **Violence**  |
| [**Sun Turned to Darkness**](http://www.finalevents.com/Event1/Sign04.asp?p=)  **Disasters and Death** |
| [**Stars Fall From Heaven**](http://www.finalevents.com/Event1/Sign06.asp?p=) **Worldwide Warning** |
| [**Capital Labor Troubles**](http://www.finalevents.com/Event1/Sign07.asp?p=) **Turning to Spiritualism** |
| [**Wars and Commotions**](http://www.finalevents.com/Event1/Sign08.asp?p=) **Pride and Selfishness** |
| [**Unrest, Fear, & Upheaval**](http://www.finalevents.com/Event1/Sign09.asp?p=) **Drunkenness & Gluttony** |
| [**Increase of Knowledge**](http://www.finalevents.com/Event1/Sign10.asp?p=) **Desecration of marriage** |
|  [**Scoffers & Skeptics**](http://www.finalevents.com/Event1/Sign20.asp?p=) |

**This concludes our study of the last day signs spoken of in Matthew and Revelations. You can see how close the coming of the Lord is. Most signs are in place. The last sign will be Christ coming in the clouds of Glory. When will that be? Remember God’s time table is not the same as ours. Our time is only 80-90 years at the most. God’s time has no boundaries.**

 **It was 25 years after the great Lisbon earthquake before the Dark Day; It was 53 years after the Dark Day before the stars falling: It has been 182 years since the stars fell. (A total of 260 years from the first sign until our time 2015). It’s been 182 years since the last sign. Remember Noah preached 120 years before the flood actually occurred. God is so merciful to us! He waits for the many souls who are yet to come into His fold.   But eventually He will say, “It is finished.”**

 **When? No one on earth knows!**

 **Just Be Ready, Be Ready! May God bless us all!**

**HEALTH NUGGET**

**MAN EATS SUGAR-HEAVY DIET FOR 60 DAYS,**

**RECEIVES SHOCKING DIAGNOSIS**

 **Published November 19, 2014, following in the footsteps of Morgan Spurlock, who ate only McDonald’s food for one month in the film *Super Size Me*, an Australian man has undergone a sugar-heavy diet for 60 days to explore the ingredient’s impact on his health.**

**In the upcoming *That Sugar Film*, Damon Gameau, a filmmaker and TV actor, vows to follow a strict diet of “healthy,” low-fat food with high sugar content, News.com.au reported.**

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**Within three weeks, the formerly healthy Gameau became moody and sluggish. A doctor gave him the shocking diagnosis: He was beginning to develop fatty liver disease. According to the Mayo Clinic, the most severe outcome for fatty liver disease is liver failure.**

**“I had no soft drink, chocolate, ice cream or confectionery,” Gameau told Yahoo. “All the sugars that I was eating were found in perceived healthy foods, so low-fat yogurts, and muesli bars, and cereals, and fruit juices, sports drinks ... these kind of things that often parents would give their kids thinking they’re doing the right thing.”**

 **Gameau reportedly consumed 40 teaspoons of sugar per day, or slightly more than the average teenager worldwide, according to News.com.au. According to the American Heart Association (AHA), the average American consumes *20 teaspoons* of sugar daily.**

**The AHA’s daily recommendations for sugar consumption are *6 teaspoons* for women and *9 teaspoons* for men.**

 **In *That Sugar Film*, Gameau observeed that the additive impacted his physical and mental health. Doctors called his mental functioning “unstable,” and the father-to-be reportedly put on nearly four inches of visceral fat around his waist. He was on the fast track to obesity.**

 **Gameau said his sugar-laden diet left him feeling hungry, no matter how much he ate.**

**His final meal— which consisted of a juice, a jam sandwich, a bar, and a handful of other snacks— is similar to an ordinary child’s school lunchbox.**

 **“Sadly, it was very easy to do and fitted comfortably into the small plastic container,” Gameau wrote on his blog documenting his experiment.**

 **“The last meal was for all the people out there, especially parents, who are led to believe they are doing the right and healthy thing for their children. They are making an effort yet are horribly let down by the lack of integrity in marketing and packaging strategies.”**

**Gameau told News.com.au that the experiment’s findings don’t suggest a need to completely cut sugar— but rather a need for more awareness about how much sugar has been added to perceptibly healthy food.**

 **“Sugar’s now in *80 percent* of the processed food we’re eating,” he said. “If we can remove that, that’s the first step towards making a change.”**

**According to the Centers for Disease Control and Prevention (CDC), 29.1 million Americans, or 9.3 percent of the population, have diabetes. In adults, type 2 diabetes accounts for about 90 to 95 percent of all diagnosed diabetes cases. Research has shown that sugary drinks are linked to type 2 diabetes.**

 **Consuming excess added sugar is also associated with a higher risk of developing cardiovascular disease—the leading cause of death for men and women in the United States, according to the CDC. Heart disease accounts for one in four deaths in the United States, or about 600,000 annual deaths.**

 ***That Sugar Film* will be released in Australian movie theaters in February 2015. A U.S. release date has not been listed on the film’s website.**

**BANNING THE MENTION OF GOD**

 **More and more, God is being shunted aside and banned in the public arena—particularly from schools.**

 **In November 2012, a six-year old girl was told by her North Carolina school that, during a Veteran’s Day program, she could not say the word God in reading a poem that honored her two grandfathers. “He prayed to God for peace, he prayed to God for strength,” the poem stated.**

 **School officials in southern Florida “banned a fifth grader from reading the Bible during ‘free reading time’.**

 **Meanwhile officials at other schools are on the alert to make sure that Gideons International does not succeed in—horror of horrors!—passing out free Bibles to students at school.**

 **An e-mail from the assistant principal of a New Jersey middle school stated. “It has been brought to the administration’s attention that Gideons may be near our campus to distribute literature to our students…Please make sure they DO NOT STEP FOOT ONTO OUR CAMPUS AT ANYTIME. *There will be added police and security presence at dismissal”* Apparently some school administrators think distributing Bibles is the big danger in America’s public schools today—to the point that police must be called in to prevent it!**

 **In 2012, national Democratic Party leaders removed references to God from their party’s platform at their national convention. But this wasn’t popular with everyone, and as it was shown on primetime TV nationwide, a move was made to put God back in—at which point many on the convention floor shockingly *booed. Yes, booed God*—or at least the prospect of God having anything to do with decisions in governing the nation! How far this country has fallen from the days of the Founding Fathers.**

 **Nationally syndicated radio host Steve Deace comments: “This ‘new left’ is not mere liberals. They are flat-out leftists…They are Social Reconstructionists, whose goal is to empower government to replace our Judeo-Christian ideals of liberty and morality with what amounts to Cultural Marxism…That’s why their ultimate goal is silencing the church… For the church says that God alone is God, and government is not.**

 **“Not to mention with God out of the way, so are your God given rights, which makes you a de facto ward of the state and not a free person. As (noted author GK Chesterton) once said (paraphrased), ‘Whenever the government removes the god, the government then becomes the god”**

**EXAMPLES OF GOVERNMENT HOSTILITY TO RELIGION**

 **A joint report by two religious freedom groups, The Family Research Council and Liberty Institute, has documented “*more that six hundred recent examples of religious hostility.”* Here are several examples:**

 **A federal judge threatened ‘incarceration to a high school valedictorian unless she removed references to Jesus from her graduation speech.**

 **City officials prohibited senior citizens from praying over their meals, listening to religious messages or singing gospel songs at a senior activities center.**

 **A public school official physically lifted an elementary school student from his seat and reprimanded him in front of his classmates for praying over his lunch.**

**Following US Department of Veterans’ affairs policies, a federal government official sought to censor a pastor’s prayer, eliminating references to Jesus, during a Memorial Day ceremony honoring veterans at a national cemetery.**

 **The U.S. Department of Justice argued before the Supreme Court that the federal government can tell churches and synagogues which pastors and rabbis it can hire or fire….**

 **The US Department of Veterans Affairs banned the mention of God from veterans’ funerals, overriding the wishes of the deceased’s families.**

 **A federal judge held that prayers before a state House of Representatives could be to Allah but not to Jesus.**

 **A Minnesota widow living in a government funded apartment complex “was told she could not pray, read her Bible or have private discussions of a religious nature in the commons area of the complex.**

 **In Sept 2011, the US Army issued new guidelines for Walter Reed Hospital that read, “No religious items (i.e., Bibles, reading materials…) are allowed to be given away or used during a visit” (The policy was rescinded after it was reported to the House of Representatives.)**

 **Furthermore, “two Baptist chaplains said they were forced out of a Veterans Affairs chaplain training program after they refused orders to stop quoting the Bible and stop praying in the name of Jesus”**

 **Yet while government leaders attempt to push God and the Bible out, they welcome and finance alternative religion. The US Air Force Academy in 2011 “dedicated an $80,000 outdoor worship center –a small Stonehenge-like circle of boulders with propane fire pit—high on a hill for the handful of current or future cadets whose religions fall under the broad category of ‘Earth-based.’ Those include pagans, Wiccans, druids, witches and followers of Native American faiths.”**

 **For the proponent of unlimited government, God is truly the enemy because He is the author of liberty. He is the enemy because no one must serve a higher god than government. Men have been placing themselves in God’s place, divining right from wrong, since the Garden of Eden. There’s nothing new under the sun. It always leads to one end—disaster, catastrophe, death, destruction, misery and hopelessness.**

 **Believers need to follow the prescription God gave us in 2 Chronicles 7:14, “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sins and heal their land.” (This article was taken from excerpts from the Nov-Dec 2014 issue of The Good News Magazine)**

**There is no doubt about it our beloved country is taking a real battering from Satan. He truly is like a roaring lion seeking to devour all he can.**

**1 Peter 5:8 “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:”**

**FROM KATIE’S COOKBOOKS**

**Vegan Sweet Potato Pie-**

**2 Organic Sweet Potatoes (1 1/2 Cups)**

**3/4 Cup Turbinado Sugar**

**2 Tbsp. Corn Starch**

**3/4 Tsp. Cinnamon (or substitute)**

**1/4 Tsp. Nutmeg (opt)**

**Pinch of Salt**

**1 Tsp. Vanilla**

**3/4-1 Cup Unsweetened Almond Milk\***

**1/4 Cup Plain Vegan Yogurt ( I used tofu)**

**\*Start with ¾ milk and move up if needed.**

**Preheat oven to 400 degrees. Wash sweet potatoes and prick them with a fork. Bake for 45-60 minutes or until done. Remove from the oven and lower the heat to 350 degrees. Allow the sweet potatoes to cool and measure out 1 1/2 Cups of sweet potato.**

**Measure out your sugar and mix it with the corn starch, salt, cinnamon and nutmeg. Set aside. Place the sweet potato in a mixing bowl. Break it down and make it as smooth as possible. Add the sugar mixture and combine. Then add the almond milk, yogurt, and vanilla. Blend till completely smooth. Pour into crust and place on the middle rack in the oven. Bake for 50-55 minutes. Allow to cool on a baking rack for at least 3 hours. (Can substitute pumpkin for pumpkin pie)**

**This Blog**

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**Gluten Free Pecan & Oat Crust**

**1 1/4 Cups Rolled Oats**

**1/2 Cup Pecans**

**6 Dates**

**2 Tbsp. Vegetable Oil (can use coconut oil)**

**1 Tbsp. Peanut Butter**

**3 Tbsp. Cold Water**

**Place pecans in a food processor and break down to a very course meal. Add oats and pulse a few times till they become part of the course meal. Then add the dates, oil, and peanut butter. Pulse till combined (the mix will be dry). Add water and pulse once or twice. Pour mixture into a pie pan and press till even and going up the sides of the pan (start from the middle and move out). Place in the fridge till crust is ready for pie filling.**

**Remember God loves you and so do we!**

**Rodney and Katie Armstrong**

**PREPARE**

**Transgression has almost reached its limit. Confusion fills the world, and a great terror is soon to come upon human beings. The end is very near. We who know the truth should be preparing for what is soon to break upon the world as an overwhelming surprise.--Testimonies, vol. 8, p. 28.**

**And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book. Daniel 12:1**

**The first statement was written by a little lady whom many believe was a prophet; however, she did not claim to be a prophet, but a servant of God.**

**The second statement, written by Daniel the prophet,**

 **also warns of a time of trouble like no other.**

**Many people today are prophesying of trouble soon to come upon the world.**

**Every day I receive e-mail from economical experts about the soon crash of the economy.**

**Some are telling us that Russia and China are working together to bring about this crash by dumping the US dollar. (China I understand owns a great part of our national debt.)**

**One financial source is telling us that there is to be a housing market bubble like the one in 2008, which burst, causing the banks to fail and people to lose their homes. They are saying that the banks will not be bailed out this time and we are in for a 25 year great depression.**

**We are being told that the elite of the world who own the Federal Reserve and the pharmaceutical companies are purposely manufacturing the vaccines and pharmaceuticals to reduce the world’s population.**

**There are so many stress-causing events in the world today that it is mind boggling. Could it have been planned that way or is it just a coincidence?**

**Now we have the Ebola crisis looming over us.**

Natural News says half a million residents in Toledo, Ohio couldn’t drink the water. It was full of poison. The mainstream media blames algae, saying the poison is caused by "algal blooms." But **what's causing the algal blooms in Lake Erie**? The root cause, it turns out, is **chemical agriculture**. It's the chemicals being dumped on the farms that are causing the water to turn to poison. And it's yet another warning sign of the ecological collapse caused by widespread agricultural poisoning.

It is estimated that about 90% of the prepared foods in the supermarket have been chemically modified either to preserve them or to enhance the taste therefore making them unhealthy. No wonder so many people are obese and sickly.

We need not despair, there is a way out of all of these stressful events. It is *by educating ourselves and preparation.*

Our FIRST preparation should be **HEART PREPARATION**. Our hearts need be in tune with our ‘all wise’ God who will guide us as He guided the Israelites through their wilderness journey.

They were on that journey forty years and there was not a sick one among them and their clothes did not wear out.

After our hearts are prepared we need **PHYSICAL PREPARATION.**

**In a financial crisis those who have made sound financial decisions will be more able to survive financially. Remember God made provisions for the birds but didn’t put the worms in the bird’s mouths, they had to hunt and dig for them.**

Education is needed in purchasing and preparation of food. With so many chemicals in food these days we need to learn to read food labels to avoid toxicity.

Hippocrates said. ”let your medicine be your food and your food be your medicine.”

All vegetables are super foods. We realize this when we learn the vitamin and mineral content of each vegetable.

As an example: potatoes can be used as a medicine to cure hemorrhoids, gastritis, high blood pressure and rheumatism. Cabbage leaves can be used for sprains and bruises.

The little lady I referred to in the first part of this article had insight into the trouble ahead of us and gave advice to us in her writings.

She said, “Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into rural districts, where the houses are not crowded closely together, and where you will be free from the interference of enemies.” (For further detailed counsel on this topic see Country Living.) {AH 141.4}

“The time is near when the large cities will be visited by the judgments of God. In a little while these cities will be terribly shaken. No matter how large or how strong their buildings, no matter how many safeguards against fire may have been provided, let God touch these buildings, and in a few minutes or a few hours they are in ruins.” {CH 268.2}

“The ungodly cities of our world are to be swept away by the besom of destruction. In the calamities that are now befalling immense buildings and large portions of cities, God is showing us what will come upon the whole earth. He has told us, ‘Now learn a parable of the fig tree; When his branch is yet tender, and putteth forth leaves, ye know that summer is nigh: so likewise ye, when ye shall see all these things, know that it [the coming of the Son of man] is near, even at the doors.’” Matthew 24: 32, 33.

”On one occasion, when in New York City, I was in the night season called upon to behold buildings rising story after story toward heaven. These buildings were warranted to be fireproof, and they were erected to glorify their owners and builders. . . . “ {LDE 113.1}

 “The scene that next passed before me was an alarm of fire. Men looked at the lofty and supposedly fireproof buildings and said: ‘They are perfectly safe.’ But these buildings were consumed as if made of pitch. The fire engines could do nothing to stay the destruction. The firemen were unable to operate the engines.”--9T 12, 13 (1909). {LDE 113.2}

Could this have been the twin towers? (Remember the firemen could not use the fire engines)

Times are getting tough and our only hope is to get tough with them. We do not solve our problems by ignoring them or by burying our heads in the sand.

The way ships get through rough waters is by meeting the waves head on and this is how we will get through the tough times ahead of us; with our hand in the hand of Jesus not being afraid but keeping faith in His promises to sustain us.

God will not do for us what He has given us knowledge and wisdom to do for ourselves.

God blesses not idleness but sanctified effort.

“And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.” Matthew 8:26