



## **November 2016 NEWSLETTER**

### **CLEAVER OF TRUTH MINISTRY**

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**Make a joyful noise unto the LORD, all ye lands.  
Serve the LORD with gladness: come before his  
presence with singing.**

**Know ye that the LORD he is God: it is he that  
hath made us, and not we ourselves; we are his  
people, and the sheep of his pasture.**

**Enter into his gates with thanksgiving, and into  
his courts with praise: be thankful unto him, and  
bless his name.**

**For the LORD is good; his mercy is everlasting;  
and his truth endureth to all generations.**

**Psalm 100:1-5,**

**Dear Friends and Family,**

**This is a great time of year to remember how  
God has blessed each one of us! When we see the  
beautiful colors of autumn we see some of His  
handiwork. We can feel and see his presence all  
about us in His wonderful works of creation. How  
can anyone not see that He is a God of love and  
beauty?! It is impossible for us to know all about  
God; our little brains cannot comprehend it and  
that is why Jesus came the first time to reveal God  
and what He is really like. The devil has done a  
job of misrepresenting God's character, but we  
have a lot of evidence in the Bible and in nature  
that proves otherwise. Now that Jesus is just  
about ready to come back for His people it is very**

**important that we know God and His character  
and have the faith we need to be ready for His  
coming!**

**OUR MESSAGE THIS MONTH IS: NO QUICK-FIX**

### **THE RESULTS OF DISOBEDIENCE**

**My parents and their six children, including myself,  
lived in Flintville, Wisconsin, near the Suamico River  
and Pond, where a great many of logs had been float-  
ed in for lumber. On the opposite side from us were  
woods, where wintergreen berries were plentiful. One  
pleasant Sunday morning in October, 1857, one of our  
playmates came to ask mother if we, my older sister, a  
younger brother, and I, might go with her to pick some  
of these berries.**

**Mother said we might go if we would go down the  
river and cross the bridge. She knew that we had  
crossed the pond several times on the logs, but the  
water was unusually high for that time of the year, and  
there was danger in crossing that way. We promised to  
cross by the bridge, really intending when we left  
home to do so. Mother let my two younger sisters, one  
four and the other six years old, go with us.**

**We left the house as happy as could be. My mother  
smiled as she stood in the door and watched us go.  
She had always trusted us, and we seldom disobeyed  
her. But this time we had our playmate with us, and  
she had been in the habit of having her own way. As  
she was a little older than we were, we thought that  
what she said or did was all right.**

**We had gone but a short distance when this girl,  
whose name was Louise, suggested that we run across  
on the logs, and get to the berries so much the sooner.  
We reminded her of what our mother had told us; but  
she said, "Your mother does not know how snug the  
logs are piled in, and that it would be such fun, and no  
danger, to cross on them."**

**We began to look at the matter in the same way, and  
after playing a few minutes, we started across. I took  
one of my little sisters, and Louise was going to take  
the younger one; but, as she was about to start, her  
brother, who she had not seen for some time, drove  
up and took her home with him. My brother, thinking  
he could take our little sister across, started with her,  
but I called him to go back and wait for me to do it; for  
I was then about half-way over. The stream was not  
wide, but he thought he could take her over.**

Just as I started back, O, what a sight met my eyes! I saw my little sister slip off the log into the water. I ran to catch her, but was not quick enough. As I reached for her, my brother and I both rolled from the log into the water with her. Then my sister, who had been standing on the bank to see if we got over safely, came to our rescue; but we were so frightened that we caught hold of her, and, instead of her pulling us out, we pulled her in with us.

By that time our screams had reached our mother's ears, and she came running to see what the trouble was. She saw only one of us, as the others were under water, or nearly so, and, supposing there was only one in the water, she came on the logs to help. By the time she got to us, the logs were under motion, so that she could not stand on them; and she, too, fell into the water.

The six-year-old sister, whom I had taken across, saw it all and made an attempt to come to us. Mother called to her to go back. She turned back, and reached the shore all right. Just as mother spoke, she felt something come against her feet. She raised her foot with the weight, and caught the dress of little Emeline, who was sinking for the last time. Mother managed to hold her till help came.

It being Sunday, nearly every man that lived near was away from home. Fortunately, a Mr. Flint, who had company visiting him, was at home. The men were eating their dinner when a woman who had seen us in the water rushed into the dining-room and told them that Mr. Tripp's family were in the mill-pond drowning. They rushed from the table, tipping it over and breaking some dishes.

When they reached us, the logs and water were so disturbed that nothing could be done for us until boards were brought to lay on the logs. During this time I had caught hold of a log that was crowded between others, so I could pull myself up without rolling, but could get no farther. My sister Sarah and brother Willard were helped ashore. Emeline, whom mother had been trying hard to hold up, was taken out, but showed no signs of life. She was laid on a log while they helped mother out.

As soon as mother saw Emeline, she told the men to turn her on her stomach. They then saw that there was life. She was quickly taken to the house, and cared for by an old lady we called Aunt Betsey, who had come to help.

While taking mother to shore, the nine men who had come to our rescue fell into the water. They all had to walk on the same long board to get to shore. The

boards having been placed so very quickly, it was not noticed, until too late, that one was unsafe. The men were near enough to shore where they fell in, so that they could touch bottom, and were not long in getting out.

Mother had to be taken home, where she was cared for by the best help we could procure. It was impossible to get a doctor where we lived in those days. Little Emeline and mother were watched over all night, and at sunrise the next morning they were pronounced out of danger.

The men who fell in got off with only an unpleasant wetting. The water was quite cold; the pond froze over the following night. They did not start for home that day, as they were intending to do, but spent the rest of the day drying their clothing.

About noon our father, who had been away for three days, came home. When he heard the story of our disaster, he wept, and thanked God for sparing our lives. All this happened because we did not obey our mother; and we children never forgot the lesson. (Written Treasures - by Mrs. M. J. Lawrence)

When we are disobedient to our Lord it not only affects our lives but affects the lives of others as well. When we, as parents, don't honor the Lord as we should our children do not respect God or any kind of authority in their lives. This often results in them being eternally lost and not being able to enjoy the gift of eternal life in God's Kingdom. The way we live our lives is an example for good or bad to those who are watching our lives. So we need to pray and live in such a way it will be a blessing to others and not a curse.

## **DECODING THE BOOKS OF DANIEL AND REVELATION continued.....**

In Nebuchadnezzar's dream he saw a "metal man". It was composed of four types of metal. Daniel 2:32,33 "This image's head was of fine GOLD, his breast and his arms of SILVER, his belly and his thighs of BRASS, His legs of IRON, his feet part of iron and part of clay."

Then something smote the feet of the image. Daniel 2:34,35 "Thou sawest till that a STONE was cut out without hands, which smote the image upon his feet that were of iron and clay, and brake them to pieces. Then was the iron, the clay, the brass, the silver, and the gold, broken to pieces together, and became like the chaff of the

summer threshing floors; and the wind carried them away, that no place was found for them: and the stone that smote the image became a great mountain, and filled the whole earth.

We learned last month that the metal man's head was made of gold and it represented Nebuchadnezzar as king and his kingdom of Babylon. (Daniel 2:37,38)

Daniel told Nebuchadnezzar that three more kingdoms would come after him. Daniel 2:39,40 "And after thee shall arise ANOTHER KINGDOM INFERIOR TO THEE, and ANOTHER THIRD KINGDOM OF BRASS, which shall bear rule over all the earth. And the FOURTH KINGDOM shall be strong as iron: forasmuch as iron breaketh in pieces and subdueth all things: and as iron that breaketh all these, shall it break in pieces and bruise." (We will learn more about these kingdoms later)

Dan 2:42,43 "And as the toes of the feet were part of iron, and part of clay, SO THE KINGDOM SHALL BE PARTLY STRONG, AND PARTLY BROKEN. And whereas thou sawest iron mixed with miry clay, they shall mingle themselves with the seed of men: BUT THEY SHALL NOT CLEAVE ONE TO ANOTHER, even as iron is not mixed with clay." Daniel says that they shall not be united.

You may ask, why is this king's dream so important and what does it have to do with me?

King Nebuchadnezzar's dream is important because it revealed the four major kingdoms which would eventually rule the earth. The feet and toes are part of that fourth kingdom which exists today. This is where we are.

History bears out the fact that these kingdoms or empires did actually exist and the fourth and last of these kingdoms is still in existence today. When Jesus was born in Bethlehem the fourth kingdom, Rome, was in power. When Jesus was crucified and died, this same kingdom was in power and will still be in power when He returns again. According to History, these four kingdoms were: Babylon, Media-Persia, Greece, and Rome; the fourth kingdom. (We will be studying more about them later)

Daniel told Nebuchadnezzar that in the days of these kings (kingdoms) that Jesus would come and set up His final kingdom.

Daniel 2:44,43 "And IN THE DAYS OF THESE KINGS shall THE GOD OF HEAVEN SET UP A KINGDOM, which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and IT SHALL STAND FOR EVER. Forasmuch as thou sawest that the STONE was cut out of the mountain without hands, and that it brake in pieces the iron, the brass, the clay, the silver, and the gold; THE GREAT GOD HATH MADE KNOWN TO THE KING WHAT SHALL COME TO PASS HERE-AFTER: and the dream is certain, and the interpretation thereof sure."

This STONE is none other than JESUS CHRIST, THE ROCK OF AGES. Deuteronomy 32:4 "He is the Rock, his work is perfect: for all his ways are judgment:"

After Daniel told the king his dream and its interpretation, the king made him ruler over the whole province of Babylon, and chief of the governors over all the wise men of Babylon and he set Shadrach, Meshach, and Abednego, over the affairs of the province of Babylon: but Daniel sat in the gate of the king.

(Read Daniel Chapter 3)

In Chapter 2 Nebuchadnezzar learned he was the head of gold on the image. He was not pleased when he learned his kingdom would eventually fall to another kingdom so he set up an image like the one in his dream but he made it entirely of gold because he wanted his kingdom to last forever. (See Daniel 3:1) He wanted all his subjects to bow down and worship this idol of gold. If they refused he would have them burn in a fiery furnace. (See Daniel 3:5, 6)

However, Shadrach, Meshach and Abednego refused to bow down and worship the image. Daniel 3:16-18 They "answered and said to the king, O Nebuchadnezzar, we are not careful to answer thee in this matter. If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up."

In the king's fury he commanded the furnace to be made seven times hotter and cast the three Hebrews into the furnace. The men that cast them into the furnace died because of the extreme heat. But Jesus joined the three Hebrews and was in the fire with them.

Shadrach, Meshach and Abednego were not burned except the ropes that held them were burned off.

(See Daniel 3:19-30) More next month.....

#### DID YOU KNOW?

"Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His. "With His stripes we are healed." {DA pg 25}

"The adorable Redeemer stepped down from the highest exaltation. Step by step He humbled Himself to die--but what a death! It was the most shameful, the most cruel--the death upon the cross as a malefactor. He did not die as a hero in the eyes of the world, loaded with honors, as men in battle. He died as a condemned criminal, suspended between the heavens and the earth--died a lingering death of shame, exposed to the tauntings and revilings of a debased, crime-loaded, profligate multitude! All this humiliation of the Majesty of heaven was for guilty, condemned man. He went lower and lower in His humiliation, until there were no lower depths that He could reach, in order to lift man up from his moral defilement. All this was for you." (That I May Know Him pg 68)

"However sinful, however guilty you may be, you are called, you are chosen. "Draw nigh to God, and He will draw nigh to you." Not one will be forced against his will to come to Jesus Christ. The Majesty of heaven, the only-begotten Son of the true and living God, opened the way for you to come to Him, by giving His life as a sacrifice on

Calvary's cross. But while He suffered all this for you, He is too pure, He is too just, to behold iniquity. But even this need not keep you away from Him; for He says, "I came not to call the righteous, but sinners to repentance." Let perishing souls come to Him just as they are, without one plea, and plead the atoning blood of Christ, and they will find acceptance with God, who dwelleth in glory between the cherubim above the mercy seat. The blood of Jesus is a er-failing passport, by which all your petitions may find access to the throne of God." – (Christian Education (Pg 251,252)

Just recently I read an article about Our Constitution and thought I'd pass it on to our readers.

When I was in school we were taught about the Constitution and how it was set up to protect our rights. Each morning we saluted our flag and were taught to love and have great respect for this great country of ours. Also we were taught to have respect for God, our Creator. The teacher said a very simple prayer asking for God's care over us that day. All this didn't break any rules and no one ever objected to it, but now it seems to be a criminal act!

So, today, I believe we need to know what the Constitution says and be aware of our rights as American citizens. (It seems like our rights are slowly but surely being eroded away) May God have mercy on us!

#### LIBERTY NOTES ON OUR BILL OF RIGHTS

(Excerpts taken from an article written by Jim Jess, a writer for the Georgia Magazine)

From May, until Sept 17, 1787, 55 delegates gathered in Philadelphia for the Constitutional Convention. Their purpose was to improve the Articles of Confederation, the previous system of government. But the delegates decided that the Articles were ineffective and a new model of government was needed. During the summer of 1787, they drafted the Constitution, which describes the structure and function of the federal government and replaced the Articles of Confederation.

The Constitution secures the rights that the Continental Congress first recognized in the Declaration of Independence, which set forth key principles for the new nation.

*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness....That to secure these rights Governments are instituted among Men, deriving their just powers from the consent of the governed.”*

The Constitution continued the declaration’s progress toward self-government by establishing a system to protect personal freedoms, or, as the Preamble to the Constitution states, to “secure the blessings of liberty to ourselves and our posterity.”

One key issue that was decided at the Constitutional Convention was how the people would be represented in the national legislature, the Congress. James Madison, of Virginia, who is often referred to as the “Father of the Constitution”, arrived in Philadelphia with a detailed plan for a new constitution. In his plan, Congress would consist of two chambers; an upper chamber, which became the Senate, and a lower chamber, which became the House of Representatives. In Madison’s draft, however, the number of both chambers would be based on population.

This was fine for states with large populations but smaller, less populous states objected. They believed their interests would be ignored in a legislature dominated by the larger states. William Paterson, of New Jersey, proposed that each state have the same number of votes in Congress. Several weeks later the Convention decided that the basis for House of Representatives would be the population of the state and each state would have equal representation in the Senate.

Today, each state has two senators and the number of their representatives is based on their population.

The required number of states eventually ratified the Constitution, but some of the conventions that met in the states to ratify the Constitution

requested that bill-of-rights amendments be added.

The first Congress convened in 1789 and approved 12 amendments. By Dec. 15, 1791 the required three-fourths of the states had ratified 10 of these amendments which are now known as the BILL OF RIGHTS.

The Bill of Rights limits the power of the federal government and protects the people from potential abuses by the federal government and secures citizen’s rights. The preceding article is a brief history of our Constitution. Next month we will learn about religious freedom in the First Amendment...

## HEALTH NUGGET

### PROTECTING OUR CHILDREN

"Our failures to protect children from harm underscore the urgent need for a better approach to developing and assessing scientific evidence and using it to make decisions," the experts said.

Here are the top ten toxins that our kids are exposed to on a daily basis:

#### 1. MERCURY FILLINGS

Europe, Norway, and Sweden banned mercury-leaching amalgams nearly a decade ago. Nonetheless, dental offices across the U.S. continue to use these toxic substances in their everyday practice. According to the Centers for Disease Control and Prevention (CDC), exposure to high levels of mercury can cause lung damage, while prolonged low exposure may result in memory loss, neurological impairment, kidney abnormalities, and skin rashes.

#### 2. VACCINES

As stated by the *National Vaccine Information Center*, a typical child receives about 49 recommended doses of 14 toxin-laden vaccines before the age of six. Here's a short list of the most common toxic chemicals found in vaccines: formaldehyde (used to preserve dead things), mercury, aluminum (associated with Alzheimer's), GMO yeast, antibiotics, and monosodium glutamate (MSG).

#### 3. PRESCRIPTION DRUGS

Overprescribing doctors, with close ties to the Big Pharma are a real threat when it comes to your child's safety. Writing for *Blogs Natural News*, Dr. Brent Hunter explained that some of these drugs are the legal versions of addictive street drugs. Take ADHD med-

ication as an example. These commonly prescribed drugs are quite similar to drugs like meth and speed.

#### 4. Monosodium glutamate (MSG)

MSG is a common, artificial food additive with neurotoxic effects. It has been linked to numerous health problems like brain lesions, obesity, malformed organs, abnormal reproductive systems, infertility, aggression, antisocial behavior, and high cholesterol.

#### 5. PROCESSED AND FAST FOODS

We all know that processed or fast foods are bad news. They are loaded with artificial synthetic chemicals, preservatives, nitrates and artificial colors and flavors which have been linked to a host of adverse health effects.

#### 6. TOXINS IN PERSONAL CARE PRODUCTS

When you read the label of personal care products such as body washes, moisturizers, deodorants, and toothpaste, you might not recognize most of their ingredients. When these chemicals seep into the skin, they can cause devastating, long-term effects. Opt for non-toxic, organic alternatives instead.

#### 7. TOXINS IN LAUNDRY DETERGENT

If your laundry detergent has a strong, nice fragrance, chances are it is packed with cancer-causing toxins. Some of these chemicals can be absorbed through your skin.

#### 8. TOXIC CLEANING PRODUCTS

"Keep out of reach of children," is not an uncommon phrase on the label of cleaning products. While we all know that they can be harmful or fatal when swallowed, Dr. Brent Hunter said that we don't need to drink them to experience the damaging side-effects. These chemicals can also end up in our body through inhalation or contact with the skin.

#### 9. PESTICIDES

Pesticides are everywhere. They are in our home, the environment, and the food we eat. Opting for natural pest control and organic, homegrown foods is your best chance to avoid these toxins from entering your home.

#### 10. SODA

Sodas are loaded with phosphoric acid which weakens your child's bones and teeth. Furthermore, they contain high amounts of high fructose corn syrup that causes obesity and diabetes (Sources: NaturalNews.com, Independent.co.uk, News Target.com, NVIC.org)

## FROM KATIE'S COOKBOOKS

Now that the weather is getting cooler all kinds of soups and stews taste so good!

### LENTIL STEW

12 cups water  
 2 cups uncooked lentils, sorted and rinsed  
 1 medium onion, chopped fine  
 3 cloves garlic, minced  
 3 tsp parsley  
 1 tsp basil  
 2 Tbsp beef-like seasoning  
 ½ tsp salt (or to taste)  
 1 large carrot, diced  
 2 celery stalks, diced  
 ½ of a sweet pepper (red and yellow are good)  
 1 can diced tomatoes  
 4 cups potatoes, finely diced

This is a "dump and cook" recipe. Simply pour water into a large stockpot, add the rinsed lentils and turn the burner on medium high. Peel the onion and add to the pot as soon as it is chopped. Continue chopping and adding vegetables to the stew while lentils are cooking, except the potatoes. When stew begins to boil, turn burner down to medium and stir occasionally. Once you've added the tomatoes, check the lentils and carrots for softness. When they're almost tender, add the diced potatoes and simmer another 15 to 20 minutes until potatoes are soft, but don't fall apart. This stew is very thick and will tend to burn toward the end of cooking, so stir often! If you like it less thick, add more water and adjust seasonings. If you are using regular canned tomatoes from the store, try adding just a bit of freshly squeezed lemon juice.

Have a very nice Thanksgiving remembering to give God thanks for everything.

Until next time,

Remember God loves you and so do we!

Katie and Rodney Armstrong

## NO QUICK-FIX

When will we wake up to the fact that there is no quick-fix. When it comes to our salvation or our health there is no pill for good health or easy road to heaven.

When God created Adam and Eve he assigned them their work. Work requires effort, it is not easy.

Scripture says, "Work out your own salvation with *FEAR AND TREMBLING*." (See Philippians 2:12) Our pastor, mother, father or anyone else cannot do it for us, it is our work. Scripture also says, "Study to show thyself approved unto God." (See 2 Timothy 2:15) No one else can do our study for us, we must study for ourselves. It says, "a workman that needeth not be ashamed". If we expect someone else to do our work and studying for us, we will come-up-short and will be ashamed.

Our sanctification is a work of a lifetime. We are to be continually studying, communing with God through prayer and sharing our faith.

These three things we must continually do to be and remain a Christian; Through earnest daily prayer and Bible study we gain strength from God and sharing our faith gives us joy and peace because we are fulfilling our commission.

A Christian that does not share what God has done for him (or her) will become like a stagnant pool of water. All life in a body of water with no outlet soon will grow stagnant and dies and so it will be with Christians.

I am not saying we are saved by our works, but we will not be saved unless we pray earnestly, study and share our faith and it all takes quality time and effort. Jesus worked to save us and He is in heaven now finishing His work to save us. "It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us." Romans 8:34 When

we pray for others are we not interceding for them?

We are saved by grace (God's power) by faith in what Jesus has done and is doing for us. Faith requires action and it all depends on our obedience to God and His will for us, which is developing a character like His. We do that by using the strength He gives us (His grace) to keep His commandments. Jesus said, "If ye love me, keep my commandments." (John 14:15) We are all to be disciples.

In Christianity, the term disciple primarily refers to students of Jesus. (Read the gospels and the book of Acts)

Students study to become proficient in the course they are studying. Then after becoming proficient they go on to practice their profession.

We can be born into many religions but we cannot be born a Christian because we were all originally born in sin. In order to be a Christian we must be born again. "Jesus answered and said unto him, Verily, verily, I say unto thee, except a man be born again, he cannot see the kingdom of God." John 3:3

In order to be a disciple of Jesus we must be re-born. The new birth is a spiritual birth, a renewing of the mind. (Receiving the mind of Christ) When we think like Christ we will not relish or desire things or worldly pursuits as unconverted people do.

There is no quick-fix. It takes an entire life of service to God and our fellowman, because if we cease to practice our faith before we die, we have failed our commission and will be lost.

"While the first extensive discussion of the doctrine of the perseverance of the saints is found in Augustine's *Treatise on the Gift of Perseverance*, written around A. D. 429, Augustine believed it was possible to experience the justifying grace of God and yet not persevere to the end. Augustine

did believe God's elect would certainly persevere to the end, but he denied that a person could know they were in the elect and he also warned it was possible to be justified but not among the elect. Not until Calvin, was 'unconditional election', 'permanent regeneration', and 'certitude of final perseverance' all connected."

John Calvin was the first to teach 'once saved always saved'. "Therefore, thou son of man, say unto the children of thy people, The righteousness of the righteous shall not deliver him in the day of his transgression: as for the wickedness of the wicked, he shall not fall thereby in the day that he turneth from his wickedness: neither shall the righteous be able to live for his righteousness in the day that he sinneth. Ezekiel 33:12

This scripture alone dispels the theory of 'once saved always saved'. Lucifer was more saved than any of us because he was already in heaven and he exercised his choice to disobey. If once saved always saved is a correct doctrine Lucifer would still be at his exalted position in heaven

This evil deceptive doctrine will cause innumerable people to seek an easy way out and be lost. "And ye shall be hated of all men for my name's sake: but HE THAT ENDURETH TO THE END SHALL BE SAVED." Matthew 10:22

### NO PILL FOR GOOD HEALTH

"What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" 1 Corinthians 6:19

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31

It is our duty to God and to own selves to study and to know how the organs of our bodies work and how to care for them. We are not to depend on doctors for our health any more than we are to

depend upon preachers for our salvation. They are humans and humans err.

I am not saying there is no place for doctors. At times broken bones need to be set, blood work needs to be done and various other things have to be taken care of by a professional. But generally, if we go to the doctor for a diagnosis and know about herbs and natural remedies and how to use them, we will have more command of our own health.

If our children were taught early in life about physiology and how to care for their bodies they would learn why it is a good reason to eat wholesome food and stay away from tobacco, drugs, alcohol and all other unhealthful practices. They would live long productive lives and be able to be of more service to God and their fellow men and women.

You may ask, where do we get the time and material to learn all of this?

Preventive measures taken by using common sense, wholesome food, God given herbs and knowledge of how to use them, are like a fence at the edge of a cliff. Doctors and pharmaceuticals are like an ambulance at the bottom of the cliff.

Our health depends upon how we take care of our bodies. Our body's cells are continually dying and being replaced. Wholesome food combined with pure water, plenty of exercise, efficient exposure to sunshine, fresh air, eight hours of rest, abstaining from everything we should not consume and having a good relationship with our God will assure us that our health will be above the average persons health.

Some people spend 5-11 hours a day just watching TV; surely we could sacrifice one hour a day to learn how to care for our health in order for our families to be healthy and live longer. The Bible, public library and the internet have materials for study and it's free!

Rodney Armstrong





