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August 2013 News Letter

Dear Family and Friends,

Rodney and I have had quite a few problems this month. The devil has really been trying his best to stop us from getting this month's newsletter out. We had the newsletter almost ready to print when our server went out on us. All our material was in it and we could not retrieve it. So here at this late date we are redoing the whole thing. But we are determined with God's help to get the newsletter out no matter what! 'Our God is Still Able' you know, and we are relying on Him more and more. This has not been the only problem we have had, so we especially request your prayers on our behalf that we will be strong and not buckle under Satan's evil doings.

Our message this month is: **WHAT IS KILLING US?**

Charles Chiniquy's First Confession (continued)

"For what other reasons did you laugh at me, my little boy?"

For a long time I was silent. Every time I opened my mouth to speak courage failed me. However, the priest continuing to urge me, I said at last, "It is rumoured in town that you love girls; that you visit the Misses Richards every evening, and this often makes us laugh."

The poor priest was evidently overwhelmed by my answer, and ceased questioning me on this subject. Changing the conversation, he said:

"What are your other sins?"

I began to confess them in the order in which they came to my memory. But the feeling of shame which overpowered me in repeating all my sins to this man was a thousand times greater than that of having offended God. In reality this feeling of human shame which absorbed my thought nay, my whole being left no room for any religious feeling at all.

When I had confessed all the sins I could remember, the priest began to ask me the strangest questions on matters about which my pen must be silent. I replied, "Father, I do not understand what you ask me."

"I question you on the sixth commandment (seventh in the Bible). Confess all. You will go to hell, if through your fault you omit anything.

Thereupon he dragged my thoughts to regions which, thank God, had hitherto been unknown to me.

I answered him: "I do not understand you," or "I have never done these things."

Then, skillfully shifting to some secondary matter, he would soon slyly and cunningly come back to his favourite subject, namely, sins of licentiousness.

His questions were so unclean that I blushed, and felt sick with disgust and shame. More than once I had been, to my regret, in the company of bad boys; but not one of them had offended my moral nature so much as this priest had done. Not one of them had ever approached the shadow of the things from which that man tore the veil, and which he placed before the eye of my soul. In vain did I tell him that I was not guilty of such things; that I did not even understand what he asked me; he would not let me off; Like the vulture bent upon tearing the poor bird that falls into his claws, that cruel priest seemed determined to defile and ruin my heart.

At last he asked me a question in a form of expression so bad that I was really pained. I felt as if I had received a shock from an electric battery; a feeling of horror made me shudder. I was so filled with indignation that speaking loud enough to be heard by many, I told him: "Sir, I am very wicked; I have seen, heard and done many things which I regret; but I never was guilty of what you mention to me. My ears have never heard anything so wicked as what they have heard from your lips. Please do not ask me any more of those questions; do not teach me any more evil than I already know."

The remainder of my confession was short. The firmness of my voice had evidently frightened the priest, and made him blush. He stopped short and began to give me some good advice, which might have been useful to me if the deep wounds which his questions had inflicted upon my soul had not so absorbed my thoughts as to prevent me from giving attention to what he said.

He gave me a short penance and dismissed me.

I left the confessional irritated and confused. From the shame of what I had just heard from the mouth of that priest I dared not lift my eyes from the ground. I went into a retired corner of the church to do my penance; that is, to recite the prayers he had indicated to me. I remained for a long time in church. I had need of a calm after the terrible trial through which I had just passed.

But vainly sought I for rest. The questions which had been asked me, the new world of iniquity into which I had been introduced, the impure phantoms by which my childish heart had been defiled, confused and troubled my mind so strangely that I began to weep bitterly.

Why those tears? Why that desolation? Wept I over my sins? Alas! I confess it was shame, my sins did not call forth these tears. And yet how many sins had I already committed, for which Jesus shed His precious blood. But I confess my sins were not the cause of my desolation. I was rather thinking of my mother, who had taken such good care of me, and who had so well succeeded in keeping away from my thoughts those impure forms of sin, the thoughts of which had just now defiled my heart. I said to myself, "Ah! if my mother had heard those questions; if she could see the evil thoughts which overwhelm me at this moment if she knew to what school she sent me when she advised me in her last letter to go to confession, how her tears would mingle with mine!" It seemed to me that my mother would love me not more that she would see written upon my brow the pollution with which that priest had profaned my soul.

Perhaps the feeling of pride was what made me weep. Or perhaps I wept because of a remnant of that feeling of original dignity whose traces had still been left in me. I felt so downcast by the disappointment of being removed farther from the Saviour by that confessional which had promised to bring me nearer to Him. God only knows what was the depth of my sorrow at feeling myself more defiled and more guilty after than before my confession.

I left the church only when forced to do so by the shades of night, and came to my uncle's house with that feeling of uneasiness caused by the consciousness of having done a bad action, and by the fear of being discovered.

Though this uncle, as well as most of the principal citizens of the village of St. Thomas, had the name of being a Roman Catholic, he yet did not believe a word of the doctrines of the Roman Church. He laughed at the priests, their masses, their purgatory, and especially their confession. He did not conceal that, when young, he had been scandalized by the words and actions of a priest in the confessional. He spoke to me jestingly. This increased my trouble and my grief. "Now," said he, "you will be a good boy. But if you have heard as many new things as I did the first time I went to confess, you are a very learned boy;" and he burst into laughter.

I blushed and remained silent. My aunt, who was a devoted Roman Catholic, said to me, "Your heart is relieved, is it not, since you confessed all your sins?" I

gave her an evasive answer, but I could not conceal the sadness that overcame me.

I thought I was the only one from whom the priest had asked those polluting questions. But great was my surprise, on the following day, when going to school I learned that my fellow pupils had not been happier than I had been. The only difference was, that instead of being grieved, they laughed at it. "Did the priest ask you such and such questions?" they would demand, laughing boisterously. I refused to reply, and said, "Are you not ashamed to speak of these things?"

"Ah! ah! how very scrupulous you are," continued they. "If it is not a sin for the priest to speak to us on these matters, how can it be a sin for us?" I stopped, confounded, not knowing what to say.

I soon perceived that even the young schoolgirls had not been less polluted and scandalized by the questions of the priest than the boys. Although keeping at a distance, such as to prevent us from hearing all they said, I could understand enough to convince me that they had been asked about the same questions. Some of them appeared indignant, while others laughed heartily.

I should be misunderstood where it supposed that I mean to convey the idea that this priest was more to blame than others, or that he did more than fulfill the duties of his ministry in asking these questions. Such, however, was my opinion at the time, and I detested that man with all my heart until I knew better. I had been unjust towards him, for this priest had only done his duty. He was only obeying the pope and his theologians. His being a priest of Rome was, therefore, less in crime than his misfortune. He was, as I have been myself, bound hand and foot at the feet of the greatest enemy that the holiness and truth of God have ever had on earth the pope.

The misfortune of Mr. Beaubien, like that of all the priests of Rome, was that of having bound himself by terrible oaths not to think for himself, or to use the light of his own reason.

Many Roman Catholics, even many Protestants, refuse to believe this. It is, notwithstanding, a sad truth. The priest of Rome is an automaton a machine which acts, thinks and speaks in matters of morals and of faith, only according to the order and the will of the pope and of his theologians.

Had Mr. Beaubien been left to himself, he was naturally too much of a gentleman to ask such questions. But no doubt he had read Liguori, Dens, Debreyne, authors approved by the pope, and he was obliged to take darkness for light, and vice for virtue.

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The Apostle Simon the Zealot

Simon called the Zealot has apparently two surnames in Scripture, but they mean the same thing. He is called *Simon the Canaanite* in Hebrew—not because he was an inhabitant of Cana or a Canaanite, but that word, when interpreted, means precisely the same as the Greek word *Zelotes*. He was called Simon the Zealot. I suppose that he had this name before his conversion. It is thought by some that he was a member of that very fierce and fanatical political sect of the Jews called the Zealots.

But this does not seem very probable, since the sect of the Zealots had scarcely arisen in the time of the Savior. And therefore we are inclined to think with Hackett, in his exposition of the Acts, that he was so called because of his zealous attachment to his religion as a Jew. There were some in the different classes of Jewish society who were so excessively full of zeal as to gain the name of *zealot*. But it strikes me that he must have been a zealot after conversion, too, for within that sacred circle that surrounded our Lord, every word was truth and the Master would not have allowed any of His disciples to have worn a surname which was not expressive or truthful.

He was Simon the Zealot before he knew not the Messiah. He surely could not have been less Simon the Zealot when, gifted with the Holy Spirit, he went forth to cast out demons, heal the sick, and to proclaim that the kingdom of Heaven was at hand. I should be glad if many among us would earn the same title by so living that men would call us zealots, or even “fanatics,” for this is so sleepy an age concerning religious things, that to be called fanatic, nowadays, is one of the highest honors a man can have conferred upon him! May we so act and live that we might truthfully wear the title of Christian zealots. *Adapted from Spurgeon's Sermons, Zealots (No. 639), by Charles Spurgeon.*

Scripture tells very little about Simon. In the **Gospels**, he is mentioned in three places, but only to list his name with the 12 disciples. In Acts 1:13 we learn that he was present with the 11 apostles in the upper room of Jerusalem after Christ had ascended to heaven.

Simon left everything in his previous life to follow Jesus. He lived true to the **Great Commission** after Jesus' **ascension**.

Church tradition holds that he spread the gospel in Egypt as a missionary and was martyred in Persia.

Jesus Christ transcends political causes, governments, and all earthly turmoil. His kingdom is eternal. Following Jesus leads to **salvation** and **heaven**.

Judas Iscariot the Betrayer

Judas Iscariot was the son of Simon who lived in Kerioth of Judah. He is remembered for one thing: his betrayal of Jesus Christ. Even though Judas showed remorse later, his name became a symbol for traitors and turncoats throughout history. His motive seemed to be greed, but some scholars speculate political desires lurked beneath his treachery.

One of Jesus' original 12 disciples, Judas Iscariot traveled with Jesus and studied under him for three years. He apparently went with the other 11 when Jesus sent them to preach the gospel, cast out demons and heal the sick.

Judas was a thief. He was in charge of the group's money bag and sometimes stole from it. He was disloyal. Even though the other apostles deserted Jesus and Peter denied him, Judas went so far as to lead the temple guard to Jesus at Gethsemane, and then identified Jesus by kissing him. Some would say Judas Iscariot made the greatest error in history.

An outward show of loyalty to Jesus is meaningless unless we also follow Christ in our heart. Satan and the world will try to get us to betray Jesus, so we must ask the Holy Spirit for help in resisting them.

Although Judas attempted to undo the harm he had done, he failed to seek the Lord's forgiveness. Thinking it was too late for him, Judas ended his life in suicide.

As long as we are alive and have breath, it's never too late to come to God for forgiveness and cleansing from sin. Sadly, Judas, who had been given the opportunity to walk in close fellowship with Jesus, completely missed the most important message of Christ's ministry.

Here are a few biblical facts about Judas Iscariot to keep in mind:

- He made a conscience choice to betray Jesus - Luke 22:48.
- He was a thief with greed in his heart - John 12:6.
- Jesus knew Judas' heart was set on evil and that he would not repent - John 6:70, John 17:12.
- This was all prophesied of Judas beforehand (Psalm 41:9, Zechariah 11:12-13, Matthew 20:18 and 26:20-25, Acts 1:16,20.)
- It was not Judas' act of betrayal that put Jesus on the cross – It was our sins.

Believers can benefit from thinking about Judas Iscariot's life and considering their own commitment to the Lord. Are we true followers of Christ or secret pretenders? And if we fail, do we give up all hope, or do we accept his forgiveness and seek restoration?

HEALTH NUGGET

WALNUTS FOUND TO BOOST HEART HEALTH:

Sunday, May 26, 2013 by: Jonathan Benson, staff writer
erTags: [walnuts](#), [heart health](#), [healthy fats](#) (Natural News)

Eating a handful of walnuts or taking a few ounces of walnut oil during or following meals can help regulate healthy cholesterol metabolism and protect against cardiovascular disease. These are the findings of a new study conducted by researchers from *Pennsylvania State University* (PSU) in State College, who found that the oil component of walnuts is particularly effective at promoting good vascular health.

In a small, randomized-controlled trial that included 15 participants with elevated blood cholesterol levels, Professor Penny Kris-Etherton and her colleagues administered one of four walnut-based treatments to compare outcomes. These treatments included either 85 grams (about three ounces) of whole walnuts, six grams of walnut skins, 34 grams of defatted walnut nutmeat, or 51 grams of walnut oil.

Researchers evaluated the biochemical and physiological responses of each participant taking one of the four treatments both before administering them, and again at 30 minutes, one hour, two hours, four hours, and six hours after administering them. The findings, which were published online in the *Journal of Nutrition* prior to the publishing of the journal's June print issue, illustrate that not only do walnuts and walnut oil help promote the healthy transport and metabolism of cholesterol in the body, but they also boost levels of high-density lipoprotein, or the so-called "good" cholesterol.

Our study showed that the oil found in walnuts could maintain blood vessel function after a meal, which is very important given that blood vessel integrity is often compromised in individuals with cardiovascular disease," says Claire Berryman, a graduate student of nutritional sciences at PSU. "The walnut oil was particularly good at preserving the function of endothelial cells, which play an important role in cardiovascular health."

WALNUTS ALSO HELP EASE HIGH BLOOD PRESSURE AND QUELL INFLAMMATION

One of the primary ways by which walnuts appear to help regulate the synthesis and metabolism of cholesterol is their ability to ease the inflammation responsible for cholesterol buildup in the arteries. A 2004 study also published in the *Journal of Nutrition* found that the alpha-linolenic acid content in [walnuts](#) helps quell not only inflammation but also a number of other lipid cardiovascular risk factors linked to heart disease.

Various other studies have also found that eating walnuts helps to lower high blood pressure and reduce the overall risk of coronary [heart](#) disease for both men and women. And since walnuts have been shown to contain one of the most diverse arrays of antioxidant nutrients of any known nut, they can also be an effective preventive remedy for avoiding cancer.

"Walnuts rank above peanuts, almonds, pecans, pistachios and other nuts," claims Dr. Joe Vinson, Ph.D., who conducted an analysis back in 2011 that was presented at the 241st National Meeting and Exposition of the *American Chemical Society* (ACS). "A handful of walnuts contains almost twice as much antioxidants as an equivalent amount of any other commonly consumed nut."

Walnuts, as well as many other nuts, are a great source of beneficial omega-3 fatty acids as well. Nuts also generally contain high levels of L-arginine, an amino acid substance that has been shown to improve blood vessel function and promote vasodilation, according to the *Harvard Medical School*.

FROM KATIE'S COOKBOOKS

BURGERS (approx 20 burgers)

4 cups water
½ cup soy sauce (I use Braggs Liquid Amino)
1/3 cup oil
1 cup chopped pecans or walnuts (Meal)
¼ cup nutritional yeast flakes
2 tsp garlic powder
2 tsp onion powder
2 tsp dried basil
1 tsp bakon seasoning (I used liquid smoke)
2 tsp coriander
1 tsp dried sage
4 cups quick oats

Place all ingredients, except oats, in a pan and stir well. Bring to a slow boil over medium heat. Stir in oats and remove from heat. Cover and set aside to cool. Preheat oven to 350°. Form mixture into 3 inch patties and place on oiled baking dish. Bake 15 min on each side or until done. These are very tasty! Mine were a little crumbly but if you add more nut meal they will probably stick together better.

Until next time, Remember---

God loves you! And so do we!

Katie and Rodney Armstrong

NOTABLE NEWS

Seven dirty secrets that counselors and mental health pros will never reveal

Saturday, August 03, 2013 by: Mike Bundrant

Tags: [psychologists](#), [mental health](#), [industry secrets](#)

As a manager care insider and licensed mental health counselor for many years, I understand that what I am about to tell you harms the credibility of the industry. I'm glad, because the conventional mental health system is a cruel joke.

What I am about to share comes from my personal experience working under the supervision of psychiatrists and clinical psychologists, as well as the bean counters that make the rules in standard mental health practice.

It's ugly.

Nevertheless, the following is based on the actual "supervision" I regularly received as well as interactions with colleagues over a 10-year period:

1. Get 'em on drugs and out the door.

The practice manager actually said these words to me when I approached her to get approval for additional sessions for a particular client. More sessions equals more expense for the insurance company and practice managers must fall in line and keep counselors on a tight leash.

2. Hospitals don't heal anyone.

In mental health, hospitals are viewed as an expensive liability protector. When someone may kill themselves or someone else, they are sent to the hospital to cool off, but only if the insurance company views this as a way to keep from getting sued. "Nobody gets better in a hospital." I still remember these words from my supervisor.

3. Cover your butt first.

I was once told that it didn't matter which decision I made on behalf of the client, as long as I could make a good case for it in my notes. The perspective is this: Write your case notes knowing that they may be reviewed one day as part of a lawsuit and make sure your butt is covered, regardless of how you direct the client.

4. Money determines the diagnosis.

Stronger, more serious diagnoses get obligatory approval for more sessions, which means more income for the practitioner. In the agency I worked for, [counselors](#) routinely and automatically diagnose the worst mental illness they could possibly justify, as you can imagine.

5. Money determines what truth is told.

When someone comes to see you for emotional development, you often need to tell them things they don't want to hear. After all, we do largely create our own problems and then deny what we are doing.

Often, people get defensive and don't want to hear the truth. The art of skillful counseling lies in being able to deliver the bad news in a way that the client can accept and learn from.

Many counselors, for fear of offending (and losing) their clients, withhold the truth so the client will keep coming. This is an unethical form of collusion that hurts the client and his family, of course.

6. Professional boundaries create a false image of your helper.

Counselors are people too and struggle with their own issues, often more than average. Due to strict professional boundaries, counselors don't share anything about their own lives. Of course, this can lead you to pouring your heart out to someone who has worse problems than you do and who cannot find solutions in his or her own life.

7. You are just a number in a bean counter's register.

The bottom line is that it's about the bottom line. So many clients, so much money. Keep the practices full, the insurance companies appeased and the revolving door turning.

Of course, not all counselors, or psychiatrists for that matter, harbor these [secrets](#). Some practice conscientiously. The safest bet is to find someone to work with who doesn't take insurance, who is willing to be honest about his or her own life (appropriately), who will not withhold opinions to protect your ego, and who puts people before dollars.

Here's an idea. If you are searching for a counselor, print out this article and hand it to them. If they begin to make excuses or become defensive, they might not be the best choice, as this would be an indicator that they are enmeshed with the system.

Remember, counselors work for you as your hired consultant. Above all, know what you are looking for and make sure you get it, as you would when hiring any one to do something valuable.

(Natural News)

WORDS OF WISDOM

**"You cannot help the poor by destroying the rich.
You cannot strengthen the weak by weakening the strong.
You cannot bring about prosperity by discouraging thrift.
You cannot lift the wage earner up by pulling the wage payer down.
You cannot further the brotherhood of man
by inciting class hatred.
You cannot build character and courage
by taking away people's initiative and independence.
You cannot help people permanently by doing for them,
what they could and should do for themselves."**

Abraham Lincoln

FACE-OFF WITH A GIANT

Goliath:

**I'm ready for a major battle,
And they have sent me this play toy.
I was looking forward to a challenge,
But I'm facing a mere boy.**

**What can they possibly be thinking,
Sending in a boy like you?
Don't they know one of your size,
I can trample with one shoe?**

DAVID:

**What are you thinking, giant,
As I fondle this stone?
You are probably convinced
That I am acting alone.**

**But there is actually One
Who is standing beside me
A formidable adversary
Who you simply cannot see.**

**He is my moral support,
And He steadies my hand.
And He knows the exact spot
Where my stone must land.**

**You can't know the awesome power
Of this entity you face,
Who will cut you down to my size,
And leave your memory in disgrace.**

**For He is the God of everything,
And He is also mine.
The hand that holds this stone
Will be guided by the divine.**

**As my stone finds its target,
You succumb without a sound.
And the earth beneath you trembles,
As your body hits the ground.**

**I had the element of surprise,
As you simply could not see,
The invisible enemy you were fighting
Was actually God instead of me.**

Lanette Kissel

WHAT IS KILLING US?



Could it be our food? **Food is no longer food if it is laced with chemicals, it is poison!**



When you leave the produce section in the grocery store **you are in the mortuary**, because most of the other food is embalmed with chemicals to give them shelf life, **which is shortening our lives**.

There are several killers on the rampage today. Unconsciously we are choosing those that will do us in. If we knew when and how we were going to die, we probably would make an effort to educate ourselves as to how to have a longer life.

But why wait till one of these killers attack us to find out how to live longer? Instructions for a long life are written in the word of God; "Honor thy father and thy mother: that **thy days may be long** upon the land which the LORD thy God giveth thee" Exodus 20:12

You may ask, what does honoring our mother and father have to do with health? This is one of the Ten Commandments. If children don't obey and honor their earthly parents, they probably will not

honor and respect their Heavenly Father, and obey Him.

To respect and honor God shows that we love Him; as to respect and honor our parents shows we love them. When we love God we have a peace of mind which promotes better health of mind and body. Lack of peace (stress) promotes indigestion, ulcers, constipation and other maladies.

All disease begins in the colon. Whether it be Cancer, Diabetes, Arthritis, High blood pressure or Heart disease they all begin in the colon and are caused by our lifestyle. Constipation is caused by not drinking enough water, not exercising enough, eating wrong combinations of foods, not getting rest, stress, etc.

We should have a bowel movement for every meal. If we don't, toxins will be absorbed into the bloodstream and circulate through our entire body, weakening our immune system and causing disease.

Good health is no accident, it must be planned for. We are what we eat! On a regular basis each cell in our body is replaced. How perfect the cell is depends on the quality of food we eat.

We have been deceived by big food manufacturers into thinking their products are healthy while in reality they are killing us. As an example; cow's milk is for baby cows only. It is too strong for human consumption. It is not healthy for humans. It has been linked to juvenile diabetes. Instead of making strong bones it actually leaches calcium from our bones contributing to osteoporosis.

What do we eat to promote good health? For most of us eating for good health will require a complete change of diet. We have been on the SAD (standard American diet) all our lives. We need to be on the GLAD (God's life activating diet).

What is the SAD diet? The Standard American Diet is; Dairy products, flesh foods, fried foods, canned foods with chemicals to make them taste better like MSG and chemicals that give them longer shelf life, packaged foods with chemicals and fast foods. Also soft drinks have twelve or more spoons of

sugar in them. The diet free drinks are worse because the artificial sweeteners in them are linked to diseases like diabetes and Alzheimer's. Soft drinks also leach calcium from the bones. Coffee and tea (other than herb tea) are also health robbers.

Tobacco in all its forms is linked to cancer, the number one killer.

To find out how to eat for health we go to the Bible. In Genesis we find, "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat". (food) Genesis 1:29

After sin entered the world God allowed vegetables to be eaten.

The diet approved by God is (the GLAD diet.) In the beginning and immediately after sin it included Fruits, grains, nuts, seeds and vegetables. After the flood in Noah's day flesh food was permitted; however, there were restrictions concerning flesh food. They were to eat no fat or blood. The blood must be washed from the meat. "But flesh with the life thereof, which is the blood thereof, shall ye not eat. And surely your blood of your lives will I require; at the hand of every beast will I require it, and at the hand of man; at the hand of every man's brother will I require the life of man." Genesis 9: 4, 5

Also they were to eat only clean animals. In the eleventh chapter of Deuteronomy we find a list of the clean and unclean animals.

Inherited weaknesses may be handed down from our ancestors, but almost always these weaknesses may be overcome by obeying God; choosing to live by His health message outlined in Scripture.

If we have the same lifestyle as our parents and eat the same foods as they do then it is safe to assume that we probably will inherit their weaknesses and diseases.

"See, I have set before thee this day life and good, and death and evil; In that I command thee this day to love the LORD thy God, to walk in his ways, and to keep his commandments and his statutes and his judgments, that thou mayest live and multiply: and the LORD thy God shall bless thee in the land whither thou goest to possess it." Deuteronomy 30:15, 16

"But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them;

I denounce unto you this day, that ye shall surely perish, and that ye shall not prolong your days upon the land, whither thou passest over Jordan to go to possess it." Deuteronomy 30:18

"I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: **therefore choose life, that both thou and thy seed may live:**" Deuteronomy 30: 15-19

In these verses God is giving a charge to Israel just before their entry into the promised land and it could as well apply to us just before our entry into the kingdom promised to the faithful at the end of this world's history.

There are many other gods being worshiped today. We may not be aware of it but anything that consumes our time and money unnecessarily is 'another God', and anything we over indulge in, also becomes one. Food is definitely one of them. Do you live to eat or eat to live?

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

Our food and lifestyles are killing us. God said **I set before you life and death, choose life.** Deuteronomy 30:19