



January 2014 Newsletter

CLEAVER OF TRUTH MINISTRY

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Dear Family and Friends,

Another new year! So many times we make "New Year's Resolutions" only to find it impossible to keep them. I stopped making resolutions and just decided to do my best this year to be a better person than I was last year. Of course this can be very difficult! Can a leopard change its spots? However; with God's help we can achieve any goal. My prayer for this year is that we all call upon God more than we ever have before! We wish all of you a wonderful New Year 2014!

Our message this month: **WHAT A DEAL**

THE PAINTING

Do you love the son?

Years ago, there was a very wealthy man who, with his devoted young son, shared a passion for art collecting. Together they traveled around the world, adding only the finest art treasures to their collection. Priceless works by Picasso, Van Gogh, Monet and many others adorned the walls of the family estate.

The widowed elder man looked on with satisfaction, as his only child became an experienced art collector. The son's trained eye and sharp business mind caused his father to beam with pride as they dealt with art collectors around the world.

As winter approached, war engulfed the nation, and the young man left to serve his country. After only a few short weeks, his father received a telegram. His beloved son was missing in action.

The art collector anxiously awaited more news, fearing he would never see his son again. Within days, his fears were confirmed. The young man had died while rushing a fellow soldier to a medic.

Distraught and lonely, the old man faced the future with anguish and sadness. The joy he had with his son was gone and he knew he would visit his house no longer.

One morning, a knock on the door awakened the depressed old man. As he walked to the door, the masterpieces of art on the walls only reminded him that his son was not coming home.

As he opened the door, he was greeted by a soldier with a large package in his hand. He introduced himself to the man by saying, "I was a friend of your son. I was the one he was rescuing when he died. May I come in for a few moments? I have something to show you." As the two began to talk, the soldier told of how the man's son had told everyone of his father's love of fine art. "I'm an artist," said the soldier, "and I want to give you this."

As the old man unwrapped the package, the paper gave way to reveal a portrait of the man's son. Though the world would never consider it the work of a genius, the painting featured the young man's face in striking detail. Overcome with emotion, the man thanked the soldier, promising to hang the picture above the fireplace.

A few hours later, after the soldier had departed, the old man set about his task. True to his word, the painting went above the fireplace, pushing aside thousands of dollars of paintings. And then the old man sat in his chair gazing at the gift he had been given.

During the days and weeks that followed, the man realized that even though his son was no longer with him, the boy's life would live on because of those he had touched. He would soon learn that his son had rescued dozens of wounded soldiers before a bullet stilled his caring heart. As the stories of his son's gallantry continued to reach him, fatherly pride and satisfaction began to ease the grief. The painting of his son soon became his most prized possession, far eclipsing any interest in the pieces for which museums around the world clamored. He told his neighbors it was the greatest gift he had ever received.

The following spring, the old man became ill and passed away. The art world was in anticipation. With the collector's passing, and his only son dead, those paintings would be sold at an auction. According to the will of the old man, all of the art works would be auctioned on the anniversary of the day he had received his greatest gift.

The day soon arrived and art collectors from around the world gathered to bid on some of the world's most spectacular paintings. Dreams would be fulfilled this

day; greatness would be achieved as many would claim "I have the greatest collection."

The auction began with a painting that was not on any museum's list. It was the painting of the man's son. The auctioneer asked for an opening bid. The room was silent. "Who will open the bidding with \$100?" he asked. Minutes passed. No one spoke. From the back of the room came, "Who cares about that painting? It's just a picture of his son. Let's forget it and go on to the good stuff." More voices echoed in agreement.

"No, we have to sell this one first," replied the auctioneer. "Now, who will take the painting of the son?" Finally, a friend of the old man spoke. "Will you take ten dollars for the painting? That's all I have. I knew the boy, so I'd like to have it." "I have ten dollars. Will anyone go higher?" called the auctioneer. After more silence, the auctioneer said, "Going once, going twice. Gone." The gavel fell. Cheers filled the room and someone exclaimed, "Now we can get on with it and we can bid on these treasures!"

The auctioneer looked at the audience and announced that the auction was over. Stunned disbelief quieted the room. Someone spoke up and asked, "What do you mean it's over? We didn't come here for a picture of some old guy's son. What about all of these paintings? There are millions of dollars of art here!"

The auctioneer replied, "It's very simple. According to the will of the father, whoever takes the son..... gets it all."

How right it is! If we take the Son, we get it all!

HEALTH NUGGET

This article is quite long but there is a lot of good information in it and I hated to cut it short.

BENEFITS OF COCONUT OIL

Coconut oil is a popular nutritional oil derived from the meat of matured coconuts. Coconut has long been a primary source of food throughout the tropics. Coconut oil is heat stable, making it suitable for cooking at high temperatures. It is slow to oxidize, resists rancidity and has a shelf life of approximately two years or more; virgin coco creme created through a wet-milling process has an indefinite shelf life.

The coconut possesses a wide variety of health benefits due to its fiber and nutritional content, but it is the oil that makes it a remarkable source of food and medicine. It has definitely earned its reputation as the healthiest oil in the world despite the fact that its high saturated fat content was once falsely claimed to be

unhealthy.

What makes coconut oil different? Oils and fats are composed of molecules known as fatty acids. They are classified either according to saturation or based on molecular length and size of the carbon chain within each fatty acid. Monounsaturated fats and polyunsaturated fats are an example of the first class.

The second classification is based on molecular size or length of the fatty acid's carbon chain. Long chains of carbon atoms consist of each fatty acid with an attached hydrogen atom. There are **short chain fatty acids** known as **SCFA**, **medium chain fatty acids (MCFA)** such as coconut oil and **long chain fatty acids (LCFA)**. Whether unsaturated or saturated, the majority of fats and oils in our diet are composed of long chain fatty acids. In fact, a majority of the fatty acids commonly consumed are LCFA.

Coconut oil is predominantly **medium-chain fatty acid (MCFA)** and the effects of the MCFA in coconut oil are distinctly different from the LCFA found in other foods. In fact, the saturated and unsaturated fat in milk, eggs, meat and even in plants and most vegetable oils are made of LCFA. **Why is this relevant?** It is important because our bodies respond and metabolize each fatty acid differently. It is the MCFA found in coconut oil that makes it special because these fatty acids do not have a **negative effect on cholesterol**. In fact, they are known to **lower** the risk of heart disease and atherosclerosis. There are only few dietary sources of MCFA, and one of the best sources by far is coconut oil.

The liver and gall bladder do not need to digest and emulsify MCFA, resulting in instant energy, increased metabolic rate and subsequently more heat production as well as increased circulation. Anyone with an impaired fat digestion or removed gallbladder will benefit from coconut oil (as this oil is easily digested.)

Lauric Acid – Coconut oil has many health benefits which are attributed to the presence of lauric acid. When it is present in the body, **lauric acid is converted into monolaurin**, a compound that is highly toxic to viruses, bacteria, fungi and other microorganisms because of its ability to disrupt their lipid membranes and virtually destroy them.

Monolaurin is effective for treating **candida albicans, fungal infections and athlete's foot**. It also targets **bacterial infections and viruses like measles, influenza, hepatitis C and even HIV**. In fact, researchers from the Philippines are studying the effectiveness of lauric acid against HIV/AIDS due to its strong anti-viral properties. Moreover, lauric acid is non-toxic, making it a better alternative to modern drugs that are typically pre-

scribed for viruses as well as fungal and bacterial infections.

Without lauric acid, monolaurin cannot be produced by the body. Breast milk is the only other source of lauric acid, which must explain the lesser incidents of infections with breast-fed infants. It has also been observed that regular consumption of coconut oil **boosts immunity and reduces incidences of sickness.**

THE HEALTH BENEFITS OF COCONUT OIL

Hair care - The unique fatty acids in coconut oil have a small molecular structure and pass freely into the hair's cell membrane, allowing for the oil to penetrate the hair's shaft; this literally brings out the deep conditioning from within compared to other conditioners that work from the outside in. Massaging the oil into the scalp can offer relief from dandruff. Dandruff is caused by dry skin or an internal fungal condition that reached the scalp. With regular use, coconut oil can **kill the fungus and eliminate dandruff issues. Conditions hair, prevents split ends, reduces frizz. For deep hair conditioning, A TEASPOON OR TWO on damp hair left for as long as possible** can give an ultra-nice shine. Leave it on overnight and see startling results.

Skin care - Coconut oil is an **excellent skin conditioner** containing medium-chain triglycerides, naturally occurring fats which deeply penetrate, moisturize and acts as a protective barrier against environmental and free radical damage. **Protects and heals infections. Moisturizes and softens dry skin.**

The oil also provides sun protection by screening 20 percent of ultraviolet exposure. Promotes **healing of burns and blisters.**

Coconut oil is rich in anti-oxidants and bursting with the natural microbial and antibacterial agents caprylic and capric acids. Its ability to smooth the skin while infusing with anti-oxidants makes it a perfect **anti-aging moisturizer. Reduces bags, puffiness and wrinkles under eyes. Promotes firm skin tone, preventing age spots, sagging and wrinkles** Moreover, it contains **vitamin E**, another antioxidant popular for hastening the recovery of skin abrasions, burns and other trauma.

Weight loss - Medium-chain fatty acids found in coconut oil can speed up metabolism faster than long-chain fatty acids because they are easily digested and converted into energy. In fact, a study reported medium-chain fatty acids to be three times more effective in raising metabolism than long-chain fatty acids, leading researchers to conclude that effective weight loss can be achieved by replacing long-chain fatty acids with medium-chain fatty acids.

Natural remedy for pneumonia - In a study presented before The American College of Chest Physicians on October 29, 2008, coconut oil was found to offer pneumonia patients faster and more complete relief from symptoms. This could be a welcome development for many as this means a reduced stay in the hospital, lower medical expenses and lower exposure for the patient to a hospital environment. Moreover, it is an inexpensive addition to traditional antibiotics and has no known side effects.

Lowers risk of diabetes, heart disease and improves cholesterol levels - In a study made on women subjects ranging from 20 to 40 years old, half of the subjects were instructed to take a 30 ml soybean oil supplement while the other half were instructed to take a 30ml coconut oil supplement while maintaining moderate exercise routine over a 12-week period. Results of the study showed that although both group of women had a decrease in body mass index (BMI), only the women who were taking coconut oil showed a notable decrease in waist circumference significantly lowering the risk of conditions like type II diabetes and heart disease.

Furthermore, the study also showed that the subjects who experienced an improvement in their cholesterol profile along with higher HDL levels and higher HDL: LDL ratio were the ones taking coconut oil. Those taking soybean oil did not receive the same benefits but reflected a higher total cholesterol as well as higher LDL cholesterol, lower HDL cholesterol and a lower HDL: LDL ratio.

Assists in bone health and chronic fatigue - Research has found coconut oil to help **prevent osteoporosis** because it helps in the nutrient absorption of minerals such as **calcium** and **magnesium** - important minerals that fight osteoporosis.

Moreover, the medium-chain fatty acids in coconut oil **produce energy rather than body fat, thereby improving metabolism and preventing fatigue.** The oil has also been shown to destroy organisms in the body that sap its strength and contribute to the condition of fatigue.

Alzheimer's Disease - Dr. Mary Newport, after failing to get treatment for her husband's dementia, discovered that coconut oil contained natural medium-chain triglyceride (MCT). The same substance was used in a drug trial her husband failed to qualify for. So, she gave her husband 1 tbsp. of coconut oil twice a day for a month and a half and saw him almost completely recovered.

Others - aside from the health benefits mentioned earlier the following health benefits have been attributed to the beneficial use of coconut oil:

- Protects against **cancer** and HIV and **other infectious diseases**
- Kills **bacteria** and **parasites** like tape worm and liver flukes
- Eases acid reflux, aids in **proper bowel function**
- Lowers incidence of **hemorrhoids**
- Heals and relieves **intestinal problems**
- Soothes **earaches**
- Deals with symptoms connected with **prostate enlargement**
- Strengthens the **liver** and protects against **degeneration**
- Reduces incidence of **epileptic seizures**
- Reduces **joint and muscle inflammation**
- Eases **neuropathies** and **itching from diabetes**

How much oil should be taken in to enjoy its benefits?

According to researchers, **an adult should consume around 3 1/2 tbsp. of coconut oil daily**: an amount equal to the MCFA a nursing infant would receive in one day. The benefits of coconut oil are derived from the nutritional value of medium-chain fatty acids (MCFA's), and the best comparison in nature as to the percentage of MCFA consumed in a diet is in human breast milk. For those who are not used to having coconut oil in their diet, it is best to start out with a lesser amount and see how the body reacts before following the recommended amount.

GREEN COCONUT WATER USES:

- Natural, healthy **source for hydration, energy and endurance**, making it the perfect **sports drink**.
- Restores electrolytes** after **exercise, vomiting, diarrhea**.
- Antiseptic properties provide **antibacterial, anti-viral and anti-fungal agents** to purify blood -- **killing measles, herpes, influenza, AIDS, SARS, hepatitis C....**
- Used to **prevent vomiting, nausea and replace lost fluids in cases of malaria, typhoid, influenza...**
- Dissolves kidney stones** alkalizing urine pH.
- Used as a **natural cleanse**, coconut water mixed with olive oil **eliminates intestinal parasites**.

COCONUT OIL MEDICINAL USES:

- Virgin coconut oil tastes and smells like coconut. Expeller pressed oil has no scent or taste and both types can be used medicinally.
- Kills bacteria causing **urinary tract infections, gonorrhea, gum disease, staphylococcus, MRSA...**
 - Destroys **fungus** causing **candida**.
 - Kills **viruses** causing **flu, infectious disease, typhoid, HIV...**
 - Eases **acid reflux**, relieves **gallbladder disease**.

- Enhances **proper bowel function** and lowers incidence of **hemorrhoids** when **oil** is consumed.
- Relieves and heals **intestinal disorders, ulcers, colitis, IBS, and Crohn's disease**.
- Stabilizes blood sugar and insulin production**.
- Eases **neuropathies** and **itching from diabetes**.
- Protects against **osteoporosis** and **reduces problems from cystic fibrosis**.
- Enhances **pancreatic function, enzyme production and reduces pancreatitis**.
- Improves magnesium and calcium absorption, promoting **stronger bones**.
- Reduces joint and muscle inflammation**, supporting repair of tissues.
- Regulates thyroid function.
- Protects against **cancers of colon, breast, and digestive tract**.
- Medium chain fatty acids (MCFA) protect against development of **Alzheimer's disease**.
- MCFA strengthen heart and circulatory system** protecting against **atherosclerosis and heart disease**.
- Prevents oxidation of fatty acids**.
- Provides antioxidants to fight free radicals **slowing aging** and degenerative diseases such as **arthritis**.
- Relieves symptoms of **chronic fatigue syndrome**.
- Reduces incidence and intensity of epileptic seizures**.
- Stabilizes female hormones** reducing hot flashes and vaginal dryness during menopause.
- Lessens symptoms associated with **prostate enlargement**.
- Strengthens the **liver** and protects against **degeneration**.

TOPICAL USES FOR COCONUT OIL:

- Topical applications **relieve pain and swelling from hemorrhoids**.
- Lessens occurrence and appearance of **varicose veins**.
- Mixed with baking soda makes an effective toothpaste.
- Heals psoriasis and eczema lesions.
- Stops **pain, burning, and itching of bug and snake bites**. (non poisonous, I would think)
- Prevents itching from **poison ivy, oak, and sumac**.
- Eliminates head lice**.
- Heals **nail fungus under finger and toenails**.
- Prevent nosebleeds by applying light film inside nostrils.
- Makes an excellent **massage oil**, a natural **personal lubricant**, and great **sunscreen**.
- Removes scars and stretch marks**.
- Repairs cracked, sore, dry nipples from nursing.
- Heals diaper rash and removes cradle cap on babies**.

NUTRITIONAL USES FOR COCONUT OIL:

- Enhances **absorption of nutrients** and **improves digestion**.
- Provides a **quick energy source** and **stimulates metabolism**.
- Produces **immediate, usable energy source rather than being stored as fat**.
- Increases **metabolic rate, stabilizes body weight, and controls food cravings**.
- Enriches milk supply for breast-feeding women.
- Doesn't form harmful by-products during cooking when used at high heat**.

Does coconut oil have any adverse side effects?

Coconut oil **has no known side effects**. However, if you are used to a low-fat diet, a common adverse reaction would be diarrhea. It is probably not advisable to start with a large amount right away. Spreading the recommended amount over the course of one day and building up to a larger dose can help to avoid unwanted effects. (This is excerpts from two articles (By Aurora Geib originally published June 12 2012, and JB Bardot originally published May 31,2012. (Naturalnews.com)

THE DEFINITION OF A CULTIST

Do you consider yourself a Cultist? If you say NO you may change your mind after reading this!

"A cultist is one who has a strong belief in the Bible and the Second Coming of Christ; who frequently attends Bible studies; who has a high level of financial giving to a Christian cause; who home schools for their children; who has accumulated survival foods and has a strong belief in the Second Amendment; and who distrusts big government. Any of these may qualify (a person as a cultist) but certainly more than one of these would cause us to strongly look at this person as a threat, and his family as being in a risk situation that qualify for government interference. Waco was one of those situations that qualified under our definition of people being at risk that necessitates government action to save them."

This strange statement was by our Former Attorney General (under Bill Clinton) Janet Reno when she was interviewed on "60 Minutes" on June 26, 1994.

NOTABLE NEWS

Cancer risk rising around the world; Western medicine failing globally

Dec. 26, 2013 by: Ethan A. Huff, staff writer

(Tags: World Health Organization, cancer risk, Western medicine)

(NaturalNews) The World Health Organization (WHO) has issued dire new predictions about the spread of cancer throughout the world that prove the Western model of medicine to be a complete failure. Within the next 10 years, the public health arm of the United Nations claims, cancer rates will increase by more than 25 percent, with most of this growth expected to occur in developing countries that have been heavily infiltrated by Western influences.

By 2025, WHO claims, the annual number of new cancer diagnoses is expected to increase by roughly 37 percent, rising from a current annual total of about 14.1 million people to a shocking 19.3 million people. The number of cancer patients that will end up dying from the disease or its corresponding treatment is also expected to rise by about 39 percent, jumping from a current total of about 8.2 million people annually to 11.4 million people.

Specifically in the U.S., the annual number of new cancer cases is expected to increase at a slightly lesser rate than that of the world at large. According to the data, about 1.6 million people are added to the ranks of cancer patients every year in the U.S., a number that is expected to rise by about 31 percent to 2.09 million people annually in 2025. However, cancer deaths are predicted to increase by about 38 percent during the same time period, nearly matching the predicted global increase.

"In most developed countries, cancer is the second largest cause of death after cardiovascular disease, and epidemiological evidence points to this trend emerging in the less developed world," reads a Q&A section about [cancer](#) on the WHO website. "This is particularly true in countries in 'transition' or middle-income countries, such as in South America and Asia. Already more than half of all

cancer cases occur in developing countries." Countries developing according to Western standards are most prone to cancer.

While cancer rates are admittedly rising all across the globe, some of the most afflicted countries include places like China and India that are developing according to Western standards. In India, for instance, U.S.- and European-based biotechnology companies have played a major role in transitioning native cultures to genetically modified organisms (GMOs), which are strongly linked to causing cancer.

The same is true in China, where many modern cities are being patterned after American ones, including similar lifestyle and dietary patterns. Traditional ways of living, including native foods and heirloom agriculture, are being rapidly replaced with consumerism, materialism and everything these things entail -- lots of convenient "junk" foods, minimal physical activity, and of course plenty of Western drugs and surgery.

"It's by design," wrote one *McClatchy* commenter. "GMO food causes cancer (and the prevailing depopulationists and eugenicists know it because they created the stuff). Same with cancer-causing vaccines. Same with polluted air. Same with fluoridated water (fluoride is proven to increase bone [cancer risk](#)). BPA in the plastics, on printed receipts, in our environment and in our very clothing are estrogen-mimickers that increase breast cancer and can cause men to be sterilized and feminized."

Not surprisingly, WHO officials have been silent about all these known factors associated with cancer. And speaking on behalf of the International Agency for Research on Cancer, a similar international health organization, head of cancer information Dr. David Forman told the media that tobacco and alcohol -- and basically nothing else -- are the two primary drivers of cancer, an ignorant and entirely preposterous notion that reeks of an ulterior agenda.

"Western culture and its associated illnesses are spreading across the globe," summed up another intelligent *McClatchy* commenter.

FROM KATIE'S COOKBOOKS

CAROB CAKE (Diane Flemons)

1 ½ cups unbleached flour
 1 cup turbinado sugar
 ¾ tsp sea salt
 ¼ tsp cinnamon substitute (cardamom and coriander)
 ¼ cup carob powder
 1 tbsp baking powder
 1 ½ tsp egg replacer powder
 ½ cup olive oil
 1 cup non dairy milk (almond, soy, rice, walnut, etc.)
 1 tsp vanilla
 Mix well.
 Then fold in:
 ½ cup carob chips
 ½ cup chopped walnuts and pecans combined

Pour into an oiled baking pan. Place on middle rack. Bake in preheated oven 325° F for 50 minutes.

EASY CAROB ICING

Melt ½ cup carob chips, (barley sweetened)
 ½ cup peanut butter (can use almond butter)
 1 tsp vanilla
 ½ tsp sea salt
 2-3 tsp oil
 1 tbsp dehydrated cane juice (or honey)
 Melt carob chips and nut butter in double boiler. Add all other ingredient. Allow to cool.

For milder tasting peanut butter you can use ¼ cup soy powder and ¼ cup peanut butter.

I haven't had a chance to make this cake yet, but I tasted Diane's and it was delicious!

We hope you have a very good year! 2013 is gone forever but we have a new year to work on! It is good to be ALIVE! We live in awesome times when Jesus' coming is very near! Let's not forget our Heavenly Father who gives us years here on earth and-- if we are faithful—all eternity after this!

Remember God loves you and so do we!

Katie and Rodney Armstrong

WHAT A DEAL!



“And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve but as for me and my house, we will serve the Lord.” Joshua 24: 15

You're Always There for Me

When the world comes crashing in
And chaos rules my mind,
I turn my heart to you, Lord, And
Pure sweet peace I find.

You lift me out of trouble
You comfort me in pain;
You nourish, heal and cleanse me,
Like cool, refreshing rain.

In times of joy and bliss,
When things are going right,
You lift me even higher,
And fill me with delight.

You listen to my prayers;
You hear my every plea;
I'm safe because I know
You're always there for me.

By Joanna Fuchs

I know a very rich person that is offering everyone, who will work for Him the rest of their lives, immeasurable wealth and guaranteed security. All we need to do is surrender our life and possessions and promise to obey all of His instructions. We also will have freedom to change our minds if we become unhappy with the deal.

Let's compare what we are getting with what we are required to give; We are going to work for someone, or some company, most of our lives anyway, (and most of us won't become wealthy at our present work), so who in their right mind would not be willing to trade their meager possessions for guaranteed food, shelter and all other necessities of life? Anyone we work for requires that we obey his instructions.

What a deal! You will not believe the health and life insurance policy that He has for you! Are you interested?

If you will follow His health plan your diseases will be healed, and as I said before His life insurance policy is out of this world!

I personally took Him up on the offer in 1971 and found that He has provided more than I expected. I have become an agent for him and am recruiting new workers. The man's name is Jesus Christ. Now that I have given you His name, probably most of you will not want the offer, but if Bill Gates made an offer to you like that, you would probably jump at the chance.

Why would people trust Bill Gates more than Jesus? The answer is a lack of faith in Jesus. I think that one reason people don't trust Jesus is because most people that claim to be Christians are not making Christianity practical. The devil has them in the churches to discourage people from yielding themselves to God. “Wherefore by their fruits ye shall know them. Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.” Matthew 7:20,21

Real Christianity is rare; however there are some people who are real, genuine Christians. They do not need to tell you that they are, because it will show.

Just compare what a worldly rich man can do for you with what God is offering you. The worldly man can supply all of your temporal needs until you die but **then what?**

If you will follow God's plan as outlined in scripture, including His health plan, He not only promises eternal life in a place where you will never become bored, but peace, happiness and good health while you are here on this earth.

“If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that **healeth thee.**” Exodus 15:26

“Then shall thy light break forth as the morning, and **thine health shall spring forth speedily:** and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.” Isaiah 58: 8

You might say that these promises were for the Jews only. Guess what, if you are a genuine Christian, you are part of God's Israel. “Know ye therefore that they which are of faith, the same are the children of Abraham.” Galatians 3:7

“For ye are all the children of God by faith in Christ Jesus. For as many of you as have been baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus. And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.” Galatians 3: 26-29

“And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God. Blessed shalt thou be in the city, and blessed shalt thou be in the field.

Blessed shall be the fruit of thy body, and the fruit of thy ground, and the fruit of thy cattle, the increase of thy kine, and the flocks of thy sheep. Blessed shall be thy basket and Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.” Deuteronomy 21: 1-6

The **Good News** is; the promises God made to Israel also belong to us today because we are **spiritual** Israel. However, all His promises were, and still are, conditional upon our obedience.

If we choose not to obey this is what God promises to do; “But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee: Cursed shalt thou be in the city, and cursed shalt thou be in the field. Cursed shall be thy basket and thy store. Cursed shall be the fruit of thy body, and the fruit of thy land, the increase of thy kine, and the flocks of thy sheep.

Cursed shalt thou be when thou comest in, and cursed shalt thou be when thou goest out.

The LORD shall send upon thee cursing, vexation, and rebuke, in all that thou settest thine hand unto for to do, until thou be destroyed, and until thou perish quickly; because of the wickedness of thy doings, whereby thou hast forsaken me.

The LORD shall make the pestilence cleave unto thee, until he have consumed thee from off the land, whither thou goest to possess it. The LORD shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they

shall pursue thee until thou perish.” Deuteronomy 28: 15-22

God is not a tyrant trying to impose His will on us. He wants to save us. He cannot take those to heaven who are disobedient to His laws. They would only promote sin and disobedience, heaven would be contaminated and all of the effort to save mankind would be for naught.

The disease that is in the world today is because the people have gone their own way and broken the health laws which are outlined in scripture. We cannot live anyway that we choose, and eat anything that we want and expect God to keep us in health and heal us, any more than we can expect Him to save us in our sins. His promises are based upon our willingness to obey Him, and keep all His laws.

There are three sets of laws that are in force today and they are equally important:

1. His law of liberty, the Ten Commandments.
2. His health laws.
3. The laws of nature.

His law of liberty, the Ten Commandments, if kept properly by the grace that he will instill in us, will set us free from sin.

“by grace are ye saved through faith; and that not of yourselves: it is the gift of God:” Ephesians 2:8

We cannot eat foods that we know are not good for our health and expect to be free from disease.

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

“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? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” 1 Corinthians 6: 19,20

If you purposely go barefooted in the snow or jump from a high building, you will be breaking the law of nature and will suffer the consequences by being hurt or sick or dead!

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin. “ James 4:17

By Rodney Armstrong

