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September 2012 Newsletter

Dear Friends and Family,

Back to school time again! It really makes you feel old when most of your grandchildren are out of school! Time passes so quickly. We must cherish every day of life while we are living it and while we have the opportunity, we must train our children to love God. It does no good to look back and regret that we haven't done everything for our children that we should have done. "Train up a child in the way he should go: and when he is old, he will not depart from it." Proverbs 22:6

Our Subject this month is: Unbalanced Gospel

THE MEASURING

In our story this month we will find out how God decides in the judgment who is saved and who is not. If "we must all appear before the judgment seat of Christ," (2 Corinthians 5:10) how is it that He decides what is good or bad? What is the standard? What happens if we don't "measure up"? Can any of us measure up?

A young Quaker girl dreamed that she was on her way to school. As she walked along, she suddenly noticed a large crowd. She asked what it was all about and a girl said, "Don't you know? It's Measuring Day. The Lord's angel has come to see how much our souls have grown since last Measuring Day.

"Measuring Day!" I said. "Measuring souls! I never heard of such a thing." After a little

while I let myself be pressed along into the crowd.

In the center, on a kind of throne, under an elm, was the most glorious and beautiful being I had ever seen. He had white wings. His clothes were of shining white. He had the kindest yet most serious face I had ever beheld. By his side was a tall, golden rod, fastened upright in the ground with curious marks at regular intervals from top to bottom. Over it, in a golden scroll, were the words, "The measure of a perfect man."

The angel held in his hand a large book in which to record the measurements. One by one names were called and the people came up to be measured. The instant a person touched the golden measure a most unusual thing happened. Each one shrank or increased to his true dimensions, his spiritual dimensions. It was an index of the soul growth which was shown in this mysterious way. No one could escape the terrible accuracy of that strange rod.

The first few people that I saw being measured were strangers.

Soon, however, the name of Elizabeth Darrow, the president of the Society for the Aid of the Destitute, was called. She managed other charitable societies as well, and I was sure that her measure would be very high indeed. The instant she touched the rod, however, she seemed to grow shorter and shorter.

The angel's face grew very serious as he said, "This would be a soul of high stature if zeal for outside works was the only thing being checked. But this checks also the lowly, secret graces of humility, trust, and patience under little everyday trials. These, too, are needed for perfect soul growth."

I pitied Elizabeth Darrow as she stepped away with such a sad, surprised face to make room for the next.

I never was more astonished in my life than when the next person taking her stand by the rod immediately increased in height till her mark was higher than any I had seen before. Her face shone. It seemed to reflect light from the angel who smiled so gloriously on poor little Betsy. As the angel wrote in the book, he

said, "Blessed are the poor in spirit: for theirs is the kingdom of heaven" (Matthew 5:3).

The next was Lillian Edgar. She always dressed so beautifully that I had often wished I had such clothes and as much money. The angel looked sadly at her measure, for it was very low. Lillian turned as pale as death. Her beautiful clothes were quite overshadowed by the glittering robes of the angel beside her.

"O child," the angel said in a solemn tone. "Why take thought of raiment?, (Matthew 6:28). Let your adorning be not that outward adorning or putting on of apparel, but let it be the ornament of a meek and quiet spirit, which is in the sight of God of great price.' (See 1 Peter 3:3,4.) Thus only can you grow like the Master."

Old Jerry, the cobbler, came next; poor old clumsy Jerry. As he hobbled up the steps, the angel's face fairly blazed with light. He smiled on Jerry and led him to the rod. And behold, Jerry's measure was higher than any of the others. The angel's voice rang out loud and clear saying, "He that humbleth himself shall be exalted."

And then, oh, my name came next. I trembled. I could hardly reach the angel. He put his arm around me and helped me to stand by the rod. As soon as I touched it I felt myself growing shorter and shorter. I reached and strained every nerve and muscle to be as tall as possible, but I could only reach Lillian's mark Lillian's, the lowest of all, and I had been a church member for two years!

I grew crimson with shame, and whispered to the angel, "Oh, give me another chance before you mark me in the book as low as this. Tell me how to grow. I will do it all so gladly, only do not put this mark down.

"The angel shook his head sadly."The record must go down as it is, my child. May it be higher when I come next time. This rule will help you, 'Whatsoever ye do, do it heartily, as to the Lord, and not unto men' "(Col. 3:23).

"With that I burst into tears. I awoke to find myself crying. I shall never forget that dream. I was so ashamed of my mark."

How thankful she must have been to find it was only a dream and that it was not the final

"Measuring Day." In her dream, character was measured against a special rod. The rod was a standard. Certainly in the judgment God is not going to use a yardstick. What does that rod represent? Is it possible for us to know today how we compare with that standard?

What can be done if, like the little Quaker girl, we find ourselves "coming up short"?

This Quaker girl awoke from her dream to live a better life.

Do we measure up? If not, is our case hopeless? Oh no! We still have time to come to Christ who can help us measure up!

HEALTH NUGGET 10 Diseases Linked to Soda

"Statistics shows that Americans drink more soda than ever before. They account for more than 25 percent of all drinks consumed in the United States. More than 15 billion gallons were sold in 2000 -- about one 12-ounce can per day for every man, woman and child. But here's some information that may keep you away from opening the can:

1. **EXTRA POUNDS** - Soda is a significant contributor to obesity. Drinking a single can a day of sugary drinks translates to more than a pound of weight gain every month. And diet soda is just as likely to cause weight gain as regular, or even more -- it may sound counterintuitive, but people who drink diet soft drinks actually don't lose weight. Artificial sweeteners induce a whole set of physiologic and hormonal responses that actually make you gain weight

2. **LIVER DAMAGE** - Soda damages your liver. Consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to the increased risk faced by chronic alcoholics.

3. **TOOTH DECAY** - Soda dissolves tooth enamel. Soft drinks are responsible for doubling or tripling the incidence of tooth decay. Soda's acidity is even worse for teeth than the solid sugar found in candy.

4. KIDNEY STONES AND CHRONIC KIDNEY DISEASE

- Colas of all kinds are well known for their high phosphoric acid content, a substance that changes the urine in a way that promotes kidney stone formation. Drinking one quart (less than three 12-ounce cans) of soda per week may increase your risk of developing kidney stones by 15 percent.

5. DIABETES - Anything that promotes weight gain increases the risk of diabetes. Drinking soda also stresses your body's ability to process sugar. Some scientists now suspect that this may explain why the number of Americans with type 2 diabetes has tripled from 6.6 million in 1980 to 20.8 million today.

6. HEARTBURN & ACID REFLUX - Heavy consumption of soda is a strong predictor of heartburn. Many carbonated beverages are very acidic. They also deliver a lot of air in the form of carbon dioxide, which can cause distension of your stomach. And that distension appears to be associated with more reflux.

7. SOFT DRINKS = SOFT BONES = OSTEOPOROSIS - Soft drinks containing phosphoric acid are definitely linked to osteoporosis (a weakening of your skeletal structure) because they lead to lower calcium levels and higher phosphate levels in your blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of your bones.

8. HYPERTENSION (HIGH BLOOD PRESSURE) - Experts have reasons to believe that overconsumption of soda leads to an increase in blood pressure. It doesn't matter if the soda is regular or diet.

9. HEART DISEASE - Heavy soda drinkers are more likely to develop risk factors for heart disease. Research shows that drinking more than one soft drink a day is associated with an increased risk of developing metabolic syndrome -- a group of symptoms such as central obesity, elevated blood pressure,

elevated fasting blood sugar, elevated fasting triglycerides, and low levels of HDL or "good" cholesterol. Having three or more of the symptoms increases your risk of developing diabetes and cardiovascular disease.

10. IMPAIRED DIGESTION- (GASTROINTESTINAL DISTRESS) Gastrointestinal distress includes increased stomach acid levels requiring acid inhibitors, and moderate to severe gastric inflammation with possible stomach lining erosion. Drinking sodas, especially on an empty stomach, can upset the fragile acid-alkaline balance of your stomach and other gastric lining, creating a continuous acid environment. This prolonged acid environment can lead to inflammation of your stomach and duodenal lining. Sources: Squidoo January 23, 2009

I've been warning my readers of the dangers of soda since I started this site, and this is a good list of reasons why you will want to avoid this beverage like the plague.

Soda is on my list of the five absolute worst foods and drinks you can consume. Because even though fat has 250 percent more calories than sugar, the food that people get MOST of their calories from is sugar from corn or high fructose corn syrup (HFCS)

According to USDA estimates, the per capita consumption of HFCS was about 40 lbs per year as of 2007, primarily in the form of soft drinks. Tragically, high fructose corn syrup in the form of soda, is now the number one source of calories in the USA.

Food and beverage manufacturers began switching their sweeteners from sucrose (table sugar) to corn syrup in the 1970's when they discovered that HFCS was not only cheaper to make, it was also much sweeter (processed fructose is nearly 20 times sweeter than table sugar), a switch that has drastically altered the American diet.

Also many studies have shown soda drinkers have a higher risk of several different types of cancer.

The good news about all these shocking health facts is that stopping the pernicious habit of drinking soda is one of the easiest things you can do. You can radically improve your health simply by cutting soda and sugary drinks out of your diet and replacing it with clean pure water." (Posted 2/12/09)

You may remember in our February 2011 News Letter we talked about Alma Lovejoy who was 86 years old at the time. She lives in Florida. She is pictured below with her first



Bible Certificate. Since that time she has completed more sets of lessons. She has just finished her fourth set and has received another Bible

Certificate! Alma has been a very faithful Bible student and we have been so impressed by her desire to learn more about the Bible even at her age! CONGRATULATIONS Alma, You have been quite a blessing to us! God loves you and so do we!!!

We have other students who have completed several Bible Studies and we thank God for each one of you; as well as our new students. I will continue praying for each of you and look forward to seeing all of you one day in God's kingdom!

Psalms 46

God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.

There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: God shall help her, and that right early. The heathen raged, the kingdoms were moved: he uttered his voice, the

earth melted. The LORD of hosts is with us; the God of Jacob is our refuge. Selah.

Come, behold the works of the LORD, what desolations he hath made in the earth. He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. The LORD of hosts is with us; the God of Jacob is our refuge. Selah.

FROM KATIE'S COOKBOOKS

Whole Wheat Tortillas

4 cups whole wheat flour
1 tsp salt
¼ tsp aluminum free baking powder (opt)
1 cup warm water

In a large bowl stir together flour, salt, baking powder. Pour in water and stir to combine. Mix in additional water in 1 Tbsp increments until a soft pliable dough is formed. Knead briefly on lightly floured surface. Divide dough into 16 equal pieces. Cover and let rest for 20 minutes. Flour each ball well, place between two pieces of wax paper and roll out to desired size and thickness. Heat an ungreased skillet over medium high heat. Peel away wax paper and grill rounds until brown flecks appear underneath, turn and do other side. Serve warm or cool. Store in an airtight container in refrigerator or freezer.

You can make burritos by filling the wraps with beans, salsa, onions, lettuce, tomato, guacamole, brown rice and whatever else you may like.

I guess that is all for now.

Remember God loves you and so do we!

Rodney and Katie Armstrong

