

FEBRUARY 2017 NEWSLETER

CLEAVER OF TRUTH MINISTRY

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“For the word of God is quick, and powerful, and sharper than any two-edged sword”...
Hebrews 4:12

Dear Friends and Family,

Rodney and I have been married over 9 years and this is the 6th time we’ve moved. But each time we have moved we have been blest in meeting new people and experiencing new things. I would not change any of it for anything.

Hopefully we have been able to serve the Lord in some way each place we’ve been. We only get one chance at life and what a pity if we have lived it for ourselves. We were put here on this earth to do the task God has assigned each of us.

I am happy to be closer to my children, grandchildren and great grand-children and some of my other relatives and friends. We are happy to be close to our church and be able to do what we can there.

Hopefully this will be our last move. We are at the age we need to settle in one place.

It will be interesting to see what life has in store for us. We just want to be where God wants us, doing the things God wants us to do. I just pray we will be faithful to Him regardless of where we are. God bless us all is our prayer.

MESSAGE THIS MONTH IS: GOOD HEALTH IS NO ACCIDENT

A BOY WHO WAS WANTED

“Well, I have found out one thing,” said Jack as, hot, tired, and dusty, he came to his mother. “What is that?” she asked.

“That there are a great many boys in the world.”

“Didn’t you know that before?”

“Partly; but I didn’t know there were so many more boys than are wanted.”

“Why do you think there are more than are wanted?”

“Because I have been ’round and ’round till I am worn out, trying to find a place to work. Wherever I go, there are more boys than places. Doesn’t that show that there are too many boys?”

“Not exactly,” said his mother, with a smile. “It depends entirely on the kind of boy. A good boy is always wanted somewhere.”

“Well, if I am a good boy, I wish that I knew that I was wanted.”

“Patience, patience, my boy; in such a great world as this is, with so many places and so many boys, it is no wonder some of them do not find their places at once. But be sure, dear,” as she laid a very caressing hand on his arm, “that every boy who wants a chance to do fair, honest work will find it.”

“That’s the kind of work I want to do,” said Jack. “I don’t want anybody’s money for nothing. Let me see, what have I to offer? – All the schooling and all the wits I have been able to get up in thirteen years; good, stout hands; and a civil tongue.”

“And a mind and heart set on doing faithful duty,” suggested his mother.

“I hope so,” said Jack. “I remember father used to say: ‘Just as soon as you undertake to work for any one, you must bear in mind that you have sold yourself for the given time. Your time, your strength, your energy, are his, and your best efforts to seek his interests in every way are his due.’”

The earnest tone in which the boy spoke seemed to give assurance that he would pay good heed to the words of the father whose counsel could no more reach him.

For two or three days longer Jack had reason to hold his opinion that there were more boys than the world wanted, at the end of which time he met a business man who, questioning him closely, said: “There are a great many applications for the place, but a large number of the boys come and stay a short time, and then leave if they think they can do a little better. When a boy gets used to our route and customers, we want him to stay. If you will agree to stay at least three years, we will agree to pay you three dollars a week as errand boy.”

“That is just what I wanted to do, sir,” said Jack, eagerly. So he was installed, and proud enough he was to bring his wages home every week, and realize that,

small as they were, the regular help was of great value to his mother.

It is not to be wondered at that the faithful carrying out of his father's admonition after a while attracted the attention not only of his employers, but also of others with whom he was brought in contact in the pursuit of his duties. One day he was asked into the office of Mr. Lang, a gentleman to whom he frequently carried parcels of value.

"Have you ever thought of changing your situation?" asked Mr. Lang.

"No, sir," said Jack.

"Perhaps you could do better, said the other. "I want a boy who is quick and intelligent, and who can be relied on; and, from what I see of you, I think you are that sort of boy. I want you to drive a delivery wagon, and will pay you five dollars a week."

Jack's eyes opened wide.

"It is wonderfully good pay for a boy like me, I am sure. But I promised to keep on with Mr. Hill for three years, and the second year is only just begun."

"Well, have you signed a regular agreement with Mr. Hill?"

"No, sir; I told him I would stay."

"You have a mother to assist, you told me. Could not you tell Mr. Hill that you feel obliged to do better, when you have a chance?"

"I don't believe I could," said Jack, looking with his straight, frank gaze into the gentlemen's face, "You see, sir, if I broke my word with him, I should not be the kind of boy to be relied on that you want."

"I guess you are about right," said Mr. Lang, with a sigh. "Come and see when your time is out; I dare say I shall want you then."

Jack went home very much stirred by what had been said to him.

After all, could it be wrong to go where he would do so much better? Was it not really his duty to accept the position? He could then drive the wagon instead of trudging wearily along the streets. They had never felt so hot and dusty as they did just now, when he might escape from the tiresome routine. Might, but how?—By the sacrifice of his pledged word; by selling his truth and his honor. So strongly did the reflection force itself upon him that when he told his mother of the offer he had received, he merely added, "It would be a grand good thing if I could take it, wouldn't it, mother?"

"Yes, it would."

"Some boys would change without thinking of letting a promise stand in their way."

Yes, but that is the kind of boy who, sooner or later, is not wanted. It is because you have not been that sort of boy that you are wanted now."

Jack worked away, doing such good work, as he became more and more accustomed to the situation, that his mother sometimes wondered that Mr. Hill, who seemed always kindly interested in him, never appeared to think of raising his pay. This, however, was not Mr. Hill's way of doing things, even though he showed an increasing disposition to trust Jack with important business.

So the boy trudged through the three years, at the end of them having been trusted far more than is usually the case with errand boys. He had never forgotten the offer made by Mr. Lang, and one day, meeting the gentleman on the street, ventured to remind him that his present engagement was nearly out, adding, "You spoke to me about driving the wagon, sir."

"Ah, so I did; but you are older now and worth more. Call around and see me."

One evening, soon after, Jack lingered in Mr. Hill's office after the other errand boys had been paid and had gone away.

"My three years are up tonight, sir," he said.

"Yes, they are," said Mr. Hill, looking at him as if he had remembered it.

"Will you give me a recommendation to someone else, sir?"

"Well, I will, if you are sure that you want to leave me."

"I did not know that you wanted me to stay, but" — he hesitated, and then went on—"my mother is a widow, and I feel as if I ought to do the best I can for her, and Mr. Lang told me to call on him."

"Has Mr. Lang ever made you an offer?"

Jack told him what Mr. Lang had said nearly two years before.

"Why didn't you go then?" asked Mr. Hill.

"Because I had promised to stay with you; but you wouldn't blame me for trying to better myself now?"

"Not a bit of it. Are you tired of running errands?"

"I'd rather ride than walk," said Jack with a smile.

"I think it is about time you were doing better than either. Perhaps you think that you have been doing this faithful work for me through these years for next to nothing; but if so, you are mistaken. You have been doing better work than merely running errands. You have been serving an apprenticeship to trust and honesty. I know you now to be a straight forward, reliable boy, and it takes time to learn that. It is your capital, and you ought to begin to realize it. You may talk to

Mr. Lang if you wish, but I will give you a place in the office, with a salary of six hundred dollars for the first year, with the prospect of a raise after that.”

Jack did not go to see Mr. Lang, but went straight to his mother with a shout and a bound.

“You’re right, you’re right, mother!” he cried.

“No more hard work for you, mother. I’m wanted, you see, wanted enough to get good pay! All the hardest part is over.” (Written Treasures)

DECODING THE BOOK OF DANIEL AND REVELATION CONTINUED.....

Before we start Daniel Chapter 7 we need to consider the prophetic symbols which will unlock the prophecy for our understanding. Prophecy can only be understood by our knowing what these symbols mean.

“But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased.” Dan. 12:4

This scripture tells us the prophetic books of Daniel and Revelation were written for us, the people of the end time. Since we are living in the time of the end, our understanding of the symbols and their meaning has been opened.

1. Wind – Jeremiah 25:32,33 explain wind is war and strife.
2. Sea – Revelation 17:15 Sea or water represents multitudes, nations and tongues (languages)
3. Beast – Daniel 7:17 Beasts represent kings, (kingdoms, powers, or nations)
4. Wings – swiftness
5. Horn - power

Read Daniel Chapter 7

Last month we learned that the kingdom of Babylon passed to the Medes and Persians. (This was foretold in King Nebuchadnezzar’s dream in chapter 1 of the book of Daniel) Remember the metal man in the king’s dream? The head of gold was Babylon and the arms and breast of silver was Media-Persia.

In the first year of Belshazzar, King of Babylon; Daniel had a dream and visions which he wrote down:

The Dream

Daniel saw four great BEASTS come up from the SEA. THE FIRST BEAST was like a LION and had eagle’s wings. He watched until the wings were plucked and it was lifted up and made to stand upon the feet as a

man and a man’s heart was given to it. **This Lion represents the kingdom of Babylon (which is known as IRAQ in our day.**

THE SECOND BEAST was like A BEAR, it raised up itself on one side and had 3 ribs in its mouth between its teeth and they said to it, rise, devour much flesh. **(This Bear represents the kingdom of Medo-Persia (which is known as IRAN in our day)**

NOTE: The three ribs are three provinces this beast conquered and held in subjection; Babylon, Lydia and Egypt. The bear is composed of two powers, Media and Persia. Persia is the stronger, and this explains why the bear is raised up on one side.

THE THIRD BEAST was like a LEOPARD which had upon the back of it four wings of a fowl; the beast had also four heads and dominion was give to it. **(This Leopard represents the kingdom of Greece still known by the same name in our day.)**

Note: This beast had four wings, which means it overcame its opponents speedily! Under Alexander the Great, it conquered the then known world. At Alexander’s death the kingdom was divided between four generals (heads); Cassander, Lysimachus, Ptolemy and Seleucus, who eventually divided the kingdom among themselves.

THE FOURTH BEAST was DREADFUL AND TERRIBLE and very strong exceedingly, it had great iron teeth; it devoured and brake in pieces and stamped the residue with the feet of it. IT WAS DIFFERENT FROM ALL THE BEASTS THAT CAME BEFORE IT; and it had ten horns. While Daniel was watching it a little horn came up among them before whom there were three of the first horns plucked up by the roots and this little horn had eyes like the eyes of a man and a mouth speaking great things. **This fourth beast represents Rome, which is still in power unto this day. This fourth beast is a composite of the three beasts before it; however, it was more ferocious than the others. The ten horns are the ten nations of Europe.**

Note: It is recorded in history that only four kingdoms have ruled the entire world; Babylon, Medo-Persia, Greece and Rome. The fourth kingdom, Pagan Rome; (the iron kingdom; the legs of iron. The feet and toes, partly iron and partly clay See Daniel 2:33 and Daniel 2::40-43) are the ten kingdoms of Europe. The little

horn came from one of these kingdoms. It is recorded in history that the Vandals, the Heruli and the Ostrogoths were completely annihilated and ceased to exist. Since there are only four kingdoms to rule the entire world the little horn power of a necessity must come out of the fourth kingdom. There is only one power that fits the description of this little horn power and that is the Roman Papacy.

Daniel beheld till the thrones were cast down and the Ancient of Days did sit, whose garment was white as snow and the hair of his head like the pure wool; his throne was like the firey flame, and his wheels as burning fire. A firey stream issued and came forth from before him; thousand thousands ministered unto him and ten thousand times ten thousand stood before him; the judgment was set and the books were opened. Daniel 7:9,10 (Compare this with Daniel 2:34,35)

Note: This shows that the kingdoms of this world will eventually end and God's kingdom will be set up when Jesus returns for His people.

As we have learned, Nebuchadnezzar's dream in Daniel 2 and Daniel's Dream in Daniel chapter 7 have the same meaning. The four metals in the image in Nebuchadnezzar's dream represent Babylon, Medio-Persia, Greece and Pagan Rome, and so do the four beasts in Daniel's dream. We are looking into past history and before we finish this study we will look into the future.

How important this prophecy must be for God to give it twice! We will learn more about this fourth beast and the little horn power next month.....

LIBERTY NOTES ON THE BILL OF RIGHTS (continued)

THE THIRD AND FOURTH ADMENDMENTS TO THE CONSTITUTION

"No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law."

The Third Amendment to the Constitution is one of the least discussed and litigated amendments in the Bill of Rights. At the time of its writing, the

Revolutionary War and the abuses of King George III were still fresh in the minds of the leaders of the young United States. During their years as colonies of the British Empire, colonists had been forced to provide a place for soldiers to stay. There were few forts or military bases in the North American colonies, so the British crown took advantage of its subjects by ordering them to "quarter" or provide lodging for the king's soldiers in their homes.

The colonists saw this policy as an intrusion into their homes and private lives. In the Declaration of Independence, one of the reasons in the list of abuses leveled against the king was "for quartering large bodies of armed troops among us."

With the Third Amendment, our early statesmen sought to protect the sanctity of private homes and prevent them from being converted into military barracks. The first part of the amendment addresses quartering in time of peace, and prohibits such an activity in the absence of the consent of the owner. The second part of the amendment allows quartering of troops in wartime, but "in a manner prescribed by law."

THIRD AMENDMENT VIOLATIONS

Before the Constitutional Convention of 1787, instability and division threatened the future of the United States. On Nov. 5, 1786, George Washington wrote a letter to James Madison:

"...a liberal, and energetic Constitution, a well guarded and closely watched, to prevent incroachments, might restore us....."

Washington wrote that the Constitution must be "well guarded and closely watched," If it wasn't, all of the blood and treasure spent in the Revolutionary War would have been pointless.

Violations of the Third Amendment to the Constitution, written to prevent the government from using private homes to house military personnel, provide a profound illustration of what can happen if citizens don't "closely watch" their government.

According to law professor, Tom W. Bell, of Chapman University near Los Angeles, the Third Amendment has been violated a number of occasions.

It would be remarkable...if the Third Amendment had been violated openly and repeatedly over a period of several years, without creating an uproar, yet, this seems to have been the case with regard to the quartering of troops during the War of 1812 and the Civil War.

Bell offers evidence that violations of the amendment did occur during both wars without any "uproar". Of course the wars ended, and quartering of troops became history, but we still have the responsibility to be vigilant about the actions of government officials today. Constitutional violations go unnoticed if the citizens are not paying attention or do not speak up loudly enough when violations occur.

THE FOURTH AMENDMENT

"The right of the people to be secure in their persons, houses, papers and effects, against unreasonable searches and seizures, shall not be violated"

The searches and Seizures Clause is followed by a Warrants Clause, which limits the power of the federal government to issue search warrants. Warrants cannot be issued unless there is "probable cause," and the warrant must specify the location to be searched and people or items to be seized.

Our early statesmen respected the privacy of their fellow citizens and sought to establish a barrier to unnecessary intrusions by the government. Public officials who seek to investigate someone must make their case before a judge to obtain a search warrant that is part of a criminal investigation. While some may argue this allows criminals to escape scrutiny, it also provides a layer of privacy and security for everyone.

There are exceptions to law enforcement officials having to obtain a warrant. If a crime has been witnessed, or a law officer is in "hot pursuit" of a suspect, for instance, a warrant is not required to search a vehicle or home. In cases such as these, the courts have applied a standard that asks if the officer's action was reasonable.

While the main subject of the amendment is searches and seizures, the First Congress, in crafting this amendment sought to preserve the rights of individuals so they could not be harassed by the government. The concept of privacy is inherent in the "rights to be secure." The constitutional protections in the Fourth Amendment will continue to develop as they are applied to new situations. As technology advances and

the law enforcement community develops new methods to gather evidence, fresh challenges to these rights will arise. It's doubtful that the authors of the Bill of Rights could have imagined *electronic surveillance capabilities* when they drafted the Fourth Amendment. The liberties they sought to protect, however, such as the right to privacy, can still be preserved by a proper application of the Bill of Rights. We will continue with the Fifth Amendment next month.....

HEALTH NUGGET

BENEFITS OF TART CHERRY JUICE

Antioxidants

Tart cherries are bursting with the antioxidant benefits of five different anthocyanins, as noted by the University of Michigan Health System. Antioxidants from tart cherries are readily absorbed and keep your bloodstream antioxidants elevated for up to 12 hours after you've eaten them. A study published in the August 2004 issue of the journal "Behavioural Brain Research" found that tart cherry anthocyanins may reduce joint pain and inflammation. In the animal study, doses of 400 milligrams per kilogram body weight of anthocyanins produced comparable benefits to the prescription non-steroidal anti-inflammatory drug indomethacin. Researchers concluded that the pain-relieving benefits of tart cherry may be due to anti-inflammatory and antioxidant effects of anthocyanin compounds.

Blood Sugar Regulation

Metabolic benefits of tart cherry juice may include improved insulin, blood sugar and cholesterol levels, according to the Nation-

al College of Natural Medicine. A study published in the October 2009 issue of the "Journal of Medicinal Food" found that anthocyanins in tart cherries influence the genes that control the metabolism of proteins, fats and carbohydrates. In the animal study, high-fat diets supplemented with 1 percent tart cherry powder resulted in lower cholesterol levels, decreased abdominal fat and decreased inflammation. Researchers conclude that tart cherries decrease the risk for Type 2 diabetes and heart disease.

Exercise Recovery

Muscle recovery time after exercise may be quicker with tart cherry juice concentrate, according to M. Lambercht, editor of the book "Acute Topics in Sport Nutrition." A study of long distance runners found that daily consumption of tart cherry juice concentrate for 5 days before, during and two days following a marathon resulted in improved strength, decreased inflammation, decreased levels of oxidized lipids and reduced recovery time. Researchers believed that the antioxidant effects of tart cherry juice improve muscle recovery following strenuous exercise. The study was published in the December 2010 issue of "Scandinavian Journal of Medicine and Science in Sports".

Melatonin

Tart cherries are a good natural source of melatonin, the brain hormone that regulates your body's internal clock. Melatonin is also an effective remedy for some forms of insomnia, according to *CoxHealth*. A

study published in the December 2012 issue of the "European Journal of Nutrition" found that 7 days of supplementation with tart cherry juice improved volunteers' length of sleep and ability to fall asleep and remain asleep. Researchers concluded that tart cherry juice may be beneficial for improving sleep quality and managing sleep disorders.

FROM KATIE'S COOKBOOKS

KIDNEY BEAN CASSEROLE Yield: 4 servings

½ cup chopped onion
 ¼ cup chopped green pepper
 ¼ cup chopped celery
 2 large cloves garlic, minced
 1 (15.5 oz) can kidney beans, rinsed and drained
 1 cup peeled and chopped tomato
 ¼ cup water
 ½ tsp chili powder
 3 dashes hot sauce (optional)
 2 cups hot cooked brown rice (cooked without salt or fat)
 ¼ cup (1 oz) vegan cheddar cheese

Coat a large nonstick skillet with oil, place over medium high heat until hot. Add onion and next 3 ingredients. Sauté until tender. Stir in beans and next 4 ingredients. Cover and cook 8 to 10 minutes, stirring often.

Place hot rice in a 1-quart casserole dish, Spoon the bean mixture over the top of the rice. Sprinkle with cheese, cover and let stand 5 minutes.

Until next month.....

Remember God loves you and so do we!

Katie and Rodney Armstrong

GOOD HEALTH IS NO ACCIDENT

Good health must be planned for as you would in building a home or planning an itinerary for a vacation.

If your car could talk and it said, "please don't put oil in my engine, use molasses instead", would you do it? What if it asked for water in the gas tank would you do it? Your body and your health are far more important than a car. Why do most people take better care of their car than their body?

Why do most people eat foods they like but don't pay attention to the nutritional value?

There is no reason for anyone to be sick!

Our bodies were created to heal themselves if we would only give them the nourishment they need. We are what we eat. Eat junk food guess what your body will become?

God has a plan for us to have good health. It is in the book of Genesis. "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." Genesis 1:29

The original diet for mankind, according to Genesis 1:29, was herbs, seeds, nuts and fruit. Later, after being expelled from the Garden of Eden, vegetables were added to their diet. "Therefore the LORD God sent him forth from the Garden of Eden, to till the ground from whence he was taken." Genesis 3:23

Flesh was not permitted to be eaten till after the flood in Noah's day. All vegetation was destroyed by the flood.

"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

God forbids us to eat meat unless the blood is removed from it. If we do we will pay with our own life. This is why man's life is so short now. Before the flood some people lived to be over nine hundred years old.

Disease is spread by eating flesh. That's why we should be a vegetarian if we want to live a long life.

If the animal is diseased and we eat it, chances are we will get the disease. Cooking the meat will not always kill the bacteria.

If we want to be healthy and have healthy children we need to educate ourselves and our children. If we would make a study of physiology, the organs of our bodies and how they function, we would be more careful of what we feed them.

We can, and should, develop a taste for healthful foods. Just eating what we like is why many of us have ill health.

People ask me, "what do vegetarians eat?" How many fruits, vegetables and nuts can you think of? There are vegetables which are good for your heart, others are good for your skin, some will lower your blood pressure and some fight different diseases. As an example: carrots are loaded with beta-carotene which is a good cancer fighter, beet juice will lower your blood pressure and lettuce, garlic, collards and spinach are blood thinners.

There is no need to count calories when you are a vegetarian.

Veggies come in a variety of colors. Try to eat as many different colors of veggies each week as you can. Each color has its own nutritional value.

We are responsible to God for the way we care for our bodies.

"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

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31 We are not glorifying God when we eat things we know are not good for us.

There is more to good health than food. Our bodies need exercise therefore being a couch potato is counter-productive to health.

We need fresh air. Did you know breathing fresh air can lower your blood pressure? If you have a blood pressure cuff you can take your blood pressure, then take several good deep breaths and take it again and see how much it has lowered; it may surprise you. You can live only about three minutes without oxygen.

The body needs water on the outside for cleansing and on the inside for hydration, cleansing and lubrication. It needs ½ your weight in ounces. If you weigh 100 lbs. it needs 50 ounces of pure water a day, not soda pop or coffee. You can live about three days without water.

We need to be temperate in the way we treat our bodies. Some think temperance is only eating or drinking a little of the bad things -- not true. Real temperance is totally abstaining from all bad foods and drinks.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:1, 2

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.” 1 Corinthians 3:17

The body needs eight hours of rest (sleep) each night. It is during sleep that it heals and regenerates its self.

We need plenty of sunshine. Do you know that the reason we need to be careful not to get sunburned is because the oils in the flesh we eat is causing skin cancer. True vegetarians have fewer problems being in the sun than flesh eaters.

In order to be truly healthy we need a healthy relationship with God our Creator. When we follow all of His directives we will be healthy physically, spiritually and mentally. True health is a balance of the spiritual, mental and physical.

“Trust in God brings holier qualities of mind, so that in patience we may possess our souls.” (DA 330.4)

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27

“There are many whose hearts are aching under a load of care because they seek to reach the world’s standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred, and their life made a weariness. In order to gratify ambition and worldly desires, they wound the conscience, and bring upon themselves an additional burden of remorse. The continual worry is wearing out the life forces. Our Lord desires them to lay aside this yoke of bondage. He invites them to accept His yoke; He says, “My yoke is easy, and My burden is light.” He bids them seek first the kingdom of God and His righteousness, and His promise is that all things needful to them for this life shall be added. Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing. Those who accept the one principle of making the service and honor of God supreme will find perplexities vanish, and a plain path before their feet.” { DA 330.1}

“Learn of Me,” says Jesus; “for I am meek and lowly in heart: and ye shall find rest.” We are to enter the school of Christ, to learn from Him meekness and lowliness. Redemption is that process by which the soul is trained for heaven. This training means a knowledge of Christ. **It means emancipation from ideas, habits, and practices that have been gained in the school of the prince of darkness.** The soul must be delivered from all that is opposed to loyalty to God.” { DA 330.2}

Friends, true health like our eternal existence must be planned for. In order to make a trip to a foreign country requires careful planning. Inoculations are required, also you need a passport and a ticket for the airline or ship. So it is with the trip to our eternal home. This trip must be carefully planned for. If you haven’t all ready made plans will you consider making plans for a healthy life today so your mind will be clearer to make plans for your eternal home with God and the redeemed?

Rodney Armstrong