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November 2013 News Letter

Dear Family and Friends,

We are all aware that Satan is trying his best to destroy all that God has deemed to be good. One of his greatest delights is tearing down the institution of marriage and the home. A couple with a good marriage is a rare thing anymore. This is why we are including an article on marriage in this newsletter.

Our message this month is: **SIN AND DISEASE**



A SPIDER'S WEB

A young soldier found himself in a terrible battle during the Scottish Reformation (I cannot remember the soldier's name or the

exact date of the battle)

The enemy was soundly defeating this young man's army. He and his comrades found themselves hastily retreating from the battlefield in defeat, running away in fear of their very lives. The enemy gave chase. This young man ran hard and fast, full of fear and desperation. He soon found himself cut off from his comrades in arms.

He eventually came upon a rocky ledge containing a cave. Knowing the enemy was close behind, and that he was exhausted from the chase, chose to hide there. After he crawled in, he fell to his face in the darkness desperately crying to God to save him and protect him from his enemies. He also made a bargain with God, one which I (and perhaps you too?) have made before.

He promised that if God saved him, he would serve Him for the rest of his days. When he looked up from his despairing plea for help, he saw a spider beginning to weave its web at the entrance to the cave. As he watched the delicate threads being slowly drawn across the mouth of the cave, the young soldier pondered its irony. He thought. "I asked God for protection and deliverance, and He sent me a spider instead. How can a spider save me?"

His heart was hardened, knowing the enemy would soon discover his hiding place and kill him. And soon he did hear the sound of his enemies, who were now scouring the area looking for those in hiding. One soldier with a gun slowly walked up to the cave's entrance. As the young man crouched in the darkness, hoping to surprise the enemy in a last minute attempt to save his own life, he felt his heart pounding wildly out of control.

As the enemy cautiously moved forward to enter the cave, he came upon the spider's web, which was by now completely strung across the opening. He backed away and called out to a comrade, "There can't be anyone in here. They would have had to break this spider's web to enter the cave. Let's move on"

Years later, this young man, who made good his promise by becoming a preacher and an evangelist, wrote about that ordeal. What he observed has stood by me in times of trouble, especially during those times when everything seems impossible. He wrote:

Where God is, a spider's web is a stone wall.

Where God is not, a stone wall is a spider's web.

Is something going on in your life right now that is really bothering you? Perhaps it seems so bad that you are paralyzed by fear. You don't know what to do. Do you ever feel you are in the darkness, facing what seems impossible, wondering (or maybe not) if God even cares? If you are, I am here to tell you that God does care...more than you can imagine right now and God is most definitely in control. He specializes in the impossible. (From Lottie's newsletter)

HEALTH NUGGET

DANGEROUS FOODS FOR DIABETICS

CANDY

High-sugar foods like candy, cookies, syrup, and soda lack nutritional value, cause a dramatic spike in blood sugar levels and can contribute to weight gain, which can worsen diabetes complications. Learn to snack on high-quality carbohydrates such as fresh fruit. Apples, berries, pears, grapes, and oranges all have sweet, juicy flavors and are packed with fiber to help slow the absorption of glucose, making them a much better choice for blood sugar control. When snacking on fruit, pair it with a handful of nuts, to further reduce the impact on your blood sugar.

FRUIT JUICE

Fruit juices (even 100 percent fruit juices) are chocked full of fruit sugar and cause a sharp spike in blood sugar. Skip the glass of juice and opt for the fiber-packed whole fruit which will help you maintain healthy blood sugar levels and fill you up on fewer calories, aiding in weight loss.

RAISINS

Eating raisins or other dried fruits can spike your blood sugar. During the dehydration process, fruits' natural sugars become very concentrated, causing an unhealthy elevation in blood sugar when they are rapidly absorbed by the body, so stick with whole, fresh fruit like grapefruit, cantaloupe, strawberries, and peaches.

PANCAKES AND SYRUP

A plate of pancakes with syrup is one of the absolute worst breakfast choices for someone with diabetes. Most pancakes are jumbo-sized and made with junky white flour, so eating a stack of three large flapjacks can be the equivalent of eating seven slices of white bread! Butter is loaded with artery-clogging saturated fat, and a typical half-cup of pancake syrup adds 16 teaspoons of straight sugar to your breakfast! This starch-and-sugar overload will send your blood sugars into a tailspin and help you pack on the pounds.

FRENCH FRIES

Fried foods can lead to weight gain and wreak havoc on your blood sugar. French fries, potato chips, and doughnuts are very bad choices for diabetics because they're made with carb-heavy, starchy ingredients, which can cause blood glucose levels to shoot up. Fried foods soak up tons of oil, leading to lots of extra calories — and some, like fried chicken and many fried appetizers, are coated in breading which increases the calorie count even more. Many fried foods are also laden with unhealthy trans fats because they've been deep-fried in hydrogenated oils, which will raise your bad cholesterol and increase your risk of heart disease. Whether you already have diabetes or are working to prevent it, **NO** amount of trans fats can be safely incorporated into your diet, so check labels and keep hydrogenated oils far from your plate.

WHITE BREAD

Refined starches — white bread, white rice, white pasta, and anything made with white flour — act a lot like sugar once the body starts to digest them. Just like sugar, refined starches interfere with glucose control and should be avoided by those with diabetes. Whole grains are richer in fiber and generally cause a slower steadier rise in blood sugar. At lunch and dinner, replace **white carbs** with healthier whole grains such as brown or wild rice, barley, quinoa, and whole-wheat bread to minimize the impact on your blood sugar. (Even high-quality, whole grain starches **elevate blood glucose to some degree**, so it's still important to limit portions) Stick with ½ to ¾ cup cooked grains or 1 slice of bread at meals.

WHOLE MILK

Saturated fats in dairy products have racked up a laundry list of negative side effects including raising "bad" (LDL) cholesterol and promoting inflammation throughout the body. But for those with diabetes, a diet high in saturated fat can cause another serious problem: Studies have shown that saturated fats can worsen insulin resistance. Keep whole milk out of the fridge, and also, try your best to avoid whole-milk dairy products like cream, full-fat yogurt, regular cheese and cream cheese; instead, choose their reduced-fat counterparts whenever possible.

PORK BACON FATTY MEATS

In addition to whole-fat dairy foods, fatty or marbled cuts of meat also carry a hefty amount of saturated fat, which initiates inflammation in the body and raises cholesterol levels. Since those with diabetes are already at an increased risk of heart disease, eating high-fat meats puts them at an even greater risk of heart disease than the average person.

SNACK CAKES AND PASTRIES

It's common knowledge that packaged snacks and baked goods are loaded with sugar, sodium, junky white flour and preservatives. Their dangerous combo of sugar and refined flour spikes blood sugar and promotes inflammation, which interferes with insulin's ability to function properly. You should know that these highly-processed sweet treats often contain trans fats. These toxic fats raise your cholesterol and risk of heart disease, and are by far the most dangerous of fat types for diabetics. Check labels carefully; always choose packaged products that list 0 grams trans fat and do not include any partially hydrogenated oils (a major source of trans fats) on the ingredients panel. By ditching these packaged desserts, you'll save calories and cash and get a better handle on your blood sugar control.

PRETZELS

Nearly every brand of pretzels is made from the same basic ingredients: white flour (wheat flour that's been stripped of its nutrients and fiber), yeast, salt, and maybe some vegetable oil or corn syrup. It's obvious from its ingredients list that this snack is pretty much devoid of nutrition. Pretzels are baked, which saves you a few calories, but the white, refined carbs do a number on your blood sugar. ***

FROM KATIE'S COOKBOOKS

Non Dairy Sour Cream

1 cup raw cashews
1 ¼ cups boiling water
½ tsp garlic powder
1 tsp onion powder
1 tsp sea salt
1/3 cup lemon juice

Blend cashews in a blender to a meal. Add water, garlic and onion powder, salt and blend well. Add lemon juice and whiz briefly. Chill well before using. This makes a great dip for chips or raw veggies, baked potato and salads. You can add a little dill or fresh chives for a nice dip. Freezes well.

We hope you folks are enjoying the crisp cool days of November now. God bless you all. Until next month,

Remember God loves you and so do we!

Katie and Rodney Armstrong

A BETTER



MARRIAGE

“Lord I want a better marriage! I have a good marriage by the world’s judgment but I want a better one.” Strong emotions on the subject of desiring my spouse to be priest of our home, not me, was the reason for my unrest and outcry, years ago.

The Lord encouraged me with this text, **“I will instruct thee and teach thee in the way which thou shalt go.’ I will guide thee with mine eyes.” Ps 32:8.** I sensed this thought in my conscience was from God. Will I act on God’s suggestion or just continue to go my own way?

I chose to put this emotionally charged desire in God’s hands, for I couldn’t change my husband. I had to trust God could change his heart, and take this burden from me. Rest came to my soul to my surprise. Friends, while my emotions indicated they were in unrest I chose thusly, “Lord, I know you can change my emotions and show me what you’d have me to do. Help me be aware and sensitive to the influence of your Holy Spirit directing me. Whatever it takes Lord, I am truly willing to cooperate with You, to obey Your will, that I may have a better marriage.”

Well it wasn’t very long and my chance came. God is a faithful Teacher. I was reading John 17 at the time, trying to apply this text to me personally. When I came to verse 19, I asked God, “What does ‘for their sakes I sanctify myself’ practically mean to me today?”

“For your sake Sally, I gave you an example of dying to self. I chose to do My Father’s will, against the fleshly nature to do otherwise. As I overcame, in My Father’s power, not My own, so may you. It’s the best way I can help you and it is the best way you can help your spouse, your marriage or anyone else to make any real lasting changes in their lives. Let Me have your heart fully.”

I pondered, “What can God do with a heart fully surrendered to Him? Anything, everything! If I let God change my thoughts, my words and my deeds how am I helping my husband change?”

“When a spouse or anyone sees you change in your weak areas, your wrong reactions or habits, they can be encouraged that they too can be changed by coming to Me. Many do not change because they don’t know how. Many haven’t found the way that works consistently. Many can be benefited by just seeing someone live that life of grace truly in Me. Many will just observe, desire,

and imitate what they see. You are helping your spouse by letting Me change you.”

“So I must decide to follow You and not wait for my spouse to join me in this commitment.”

“Not until you fulfill and do your part, can I fulfill Mine! Without your cooperation of obeying Me, you are left in your sins and old ways and that doesn’t help your spouse. I will teach you, if you let Me. You can best help your husband, by letting Me have control over your thoughts, feelings, words and deeds. It will require a discipline of choosing to surrender every moment of the day, if you want Me to work this redemption from sin’s power over you. When I have you, I’ll reach out to your spouse through you.”

Jesus did His Father’s will, and lived by His Father’s divine power not His own, and it was in this surrendered, cooperative relationship He was enabled by His Father’s grace to live above the pull of the fallen nature. Jesus was showing all of us the way to come out of self-serving. **(Self-serving destroys marriages!)**

By experience, I truly saw that the grace available in an abiding walk with Jesus could do nothing to redeem me from this fallen nature, **until I was willing to die to self and live for Jesus.** If I am willing to die to self that Jesus may live in me, I can have a better marriage. If I don’t cooperate in dying to self, He can’t change me or my marriage. God brought these thoughts to my heart, daily and moment by moment. God is calling for your heart as well.

“Lord, I’m willing, show me what I must do with my bundle of choices today.”

“The first change is you must stop dwelling on your husband’s faults, mulling how awful they are, how awful he is, how much you want him to change and be priest. Instead put your spouse in My hands in a positive prayer life – not the negative one to which you are accustomed. Filter through Me before you speak. Be content to take worship. Be cheerful in this task, turn to Me to change those wrong thoughts and feelings and I will”

I took His Hand and began learning how to follow Him, how to die to self and live for God.

“Sally, remember you can’t choose for your spouse to change but you have the power to choose to let Me change you. Cooperating to let Me change you will change your marriage, you’ll see. Dwelling on what you can’t change can only tempt you to despair. Rather dwell on what You should do in Me. In that way you recommend the religion of Christ as nothing else can.”

“Lord that makes a lot of sense. Let me see; for my husband’s sake I sanctify myself, for my boy’s sake I sanctify myself, for my extended family and friends I can best help them if I let You sanctify (make upright) my

thoughts, words and deeds. In this way I am recommending in the strongest way, that if Jesus can change me, He can change you too."

"Yes Sally, You have it down clearly in theory, but now we need to help you gain some **experience**."

The Lord spoke with much compassion, as He knew that knowing and doing are two very different schools and the latter is the greater test of the two.

These principles work not only for the wife but for the husband as well. "Whatsoever He sayeth unto you, do it." John 2:5 See if the Lord can make your marriage better.

The choices I had to make **against** my nature, my inclinations, my emotions were many in the next few months and went something as follows:

One day I was ironing and irritated over some little thing my husband said. "Sally, you don't need to complain about him and rehearse his faults this way, these thoughts destroy marriages, instead follow Me. In everything give thanks. A merry heart doeth good like a medicine, a broken spirit drieth the bones." Prov 17:22 God reasoned with me in these thoughts. God led me step by step and I surrendered choice by choice against my feelings and my thoughts which were compelling me in the opposite direction. It was hard in the moment but what a joy when I sang the "happy song" and Jesus had transformed my disposition, my thoughts and even my feelings. Grace can work **only when and if I cooperate**. Jim was a better husband in my eyes, my thoughts, yet he did not change. God changed me! When my husband came into the room it was possible and enjoyable with Jesus leading, to respond pleasantly. Love for him filled my heart where once was resentment, sadness and hurt.

God called me out of complaining into complementing my husband. "Tell him how much you appreciate his management of your finances." He did a good job here but at times I resented his saying "no" to my wants. This was a present point of contention. I chose, surrendered, followed Jesus and found divine thankfulness.

"Tell how thankful you are for his watching the boys so you can have a tub bath." "Tell your spouse how sweet he is to tickle your arms a few moments while you are doing his typing." Expressions of gratitude and admiration of our spouse's attributes has a positive effect on our minds and dispositions as well as theirs. **Kindness awakens kindness**. Complaining is the path to the "pit of despair." Rehearsing wrongs is the shovel deepening the "pit of hopelessness." Every day we should do something to please our spouse; do a favor, give a thank you or compliment, or help with **their** project. To die to self **requires us** to live for others daily.

God called me out of independence from Him. "Sally, in that argument self responded, you didn't filter through Me what you should say. The flesh led you and you obeyed. Choose Me and I'll lead you instead. Respond to My call to your heart. I'll direct you through these conflicts in a better manner and in time we can eliminate most of them. Take my hand and follow Me."

God always called for **my** surrender. "Oh Lord, all you ask is directly opposed to my nature, to my inclinations and habits. Cooperating in You sanctifying me is not an easy work, **it takes effort to die to self!**"

"Anything good takes effort. Sally, filter your thoughts through Me before you speak, I'll direct you aright to speak or not to speak. Don't correct your husband when he leads out in worship, you're hindering him, you don't understand his struggles. If you follow Me, I can redeem you from "**self ruling**" you. Leave him with Me. When he surrenders to Me I will make him the priest of your home." (Continued next month)

SUZANNE SOMERS: THE AFFORDABLE CARE ACT

Suzanne Somers, a health advocate, entrepreneur, actress and author of 24 books, mostly dealing with health and wellness, says, "Affordable Health Care is actually Socialized Medicine."

Her husband is from Canada where they have Socialized Medicine. A Canadian magazine "Maclean's" had a headline that said, "Your Dog Can Get Better Health Care Than You". Many Canadian medical students are choosing to be veterinarians because there is more money there. Many of her husband's cousins are doctors and some of them moved to US to practice.

One of her friends who was 75 years old was denied treatment because she was too old. She died recently because the system would allow only palliative care for her.

The good part for retirees is Affordable Care will allow pre-existing conditions. (If you don't get too old, Too sick or live too long) In the New Affordable Health Care "too old" has limitations of service.

All you have been hearing on the news is how everyone's healthcare insurance is doubling and tripling. The whole thing is a big mess.

After the new Health Care is fully implemented there will still be tens of millions of people with no coverage.

She said that most of the people she speaks with think the Affordable Care Act is a greater Ponzi scheme than that pulled off by Bernie Madoff!



DWIGHT LYMAN MOODY

was born on February 5, 1837 and died December 22, 1899 in Northfield, Massachusetts. Dwight Lyman Moody was the first evangelist since Whitefield to shake two continents for God.

He was born on his mother's birthday on a small New England farm. He was only four when his father, Edwin, a bricklayer and an alcoholic, died suddenly at 41. His mother, Betsy (Holton), was now a widow at 36 with seven children...the oldest being thirteen, and D.L. being the youngest. Twins were born one month after the death of the father bringing the total to nine. Theirs was a life of extreme poverty. Moody's education totaled seven grades in a one-room school house. During his teenage years he worked on neighboring farms.

In 1854, 17 year old Moody went to Boston and became a clerk in Holton's Shoe Store, his uncle's enterprise. One of the work requirements was attendance at the Mount Vernon Congregational Church. Church seemed boring, but a faithful Sunday school teacher encouraged him along. One day in 1855, the teacher, walked into the store and found Moody wrapping shoes. He said, "I want to tell you how much Christ loves you." Moody knelt down and was converted. Later he told how he felt, *"I was in a new world. The birds sang sweeter, the sun shone brighter. I'd never known such peace."*

In 1856, he went to Chicago where another uncle helped him obtain employment in a shoe store. His interest in church work continued as he joined the Plymouth Congregational Church. He rented four pews there to provide lonely boys like himself a place of worship. Then he joined the mission band of the First Methodist Church, visiting and distributing tracts at hotels and boarding houses. Here he met wealthy dry goods merchant John V. Farwell who later would be a great help. He also worked out of the First Baptist Church where he was later married. The prayer revival that was sweeping the nation in 1857-59 also contributed to his enthusiasm for the things of God.

Discovering a little afternoon Sunday School on the corner of Chicago and Wells he offered his help. He was told there were already nearly as many teachers as students so he began recruiting. The first week he brought in eighteen students, doubling the Sunday School. Soon his recruiting overflowed the place.

In the fall of 1858, he started his own Sunday School in an abandoned freight car, then moved to an old vacant saloon on Michigan Street. A visiting preacher reported his favorable impressions...seeing Moody trying to light the building with a half-dozen candles and then with a candle in one hand, a Bible in the other, and a child on his knee teaching him about Jesus.

The school became so large that the former Mayor of Chicago gave him the hall over the city's North Market for his meetings, rent free. Farwell visited the Sunday school and became the superintendent upon Moody's insistence. The use of prizes, free pony rides and picnics along with genuine love for children soon produced the largest Sunday School in Chicago, reaching some 1,500 weekly.

It was in June, 1860, that Moody decided to go into the Lord's work full time. He was now 23 and in only five years had built his income up to \$5,000 annually and had saved \$7,000. Friends believed he could have become a millionaire had he concentrated his efforts in business. Income for the first year in his Christian ventures totaled no more than \$300.

He married a Sunday school teacher, Emma Charlotte Revell in 1862; He was 25 and she nineteen. The three Moody children were Emma, William Revell and Paul Dwight.

With the advent of the Civil War, Moody found himself doing personal work among the soldiers. He was on battlefields on nine occasions serving with the U.S. Christian Commission. At the Battle of Murfreesboro in January, 1863, under fire, he went among the wounded and dying asking, "Are you a Christian?"

From 1866 to 1869 Moody was President of the Chicago YMCA. He had a part in erecting the first Y.M.C.A. building in America. That year he also held his first revival campaign in Philadelphia.

1867, primarily due to his wife's asthma, the couple went to England. He also wanted to meet Charles Spurgeon and George Mueller. On this trip, while they sat in a public park in Dublin, Evangelist Henry Varley remarked, **"The world has yet to see what God will do with, and for, and through, and in, and by, the man who is fully consecrated to Him."** John Knox allegedly originated this saying that was now to burn in Moody's soul. Moody met Henry Moorhouse also in Dublin, who said to him, "Someday I am coming to America, and when I do, I would like to preach in your church." Moody agreed to give him the pulpit when he came.

Three incidents prepared Moody for his world-famous evangelistic crusades;

First, in February, 1868, Moorhouse came as promised to Moody's pulpit in Chicago. For seven nights he preached from the text, John 3:16, counseling Moody privately, "Teach what the Bible says; not your own words, and show people how much God loves them." Moody's preaching was much more effective after that.

A second incident was the meeting of Ira A. Sankey, while attending a Y.M.C.A. convention in Indianapolis in July of 1870. Moody was to speak at a 7 a.m. prayer meeting on a Sunday morning. Sankey was there. When Moody asked for a volunteer song, Sankey began to sing, 'There Is a Fountain Filled with Blood'. Moody's reaction? "You will have to come to Chicago and help me. I've been looking for you for eight years!" Sankey left his post office job in Pennsylvania and joined Moody in Chicago in early 1871.

A third incident was the Chicago fire and the ensuing filling of the Holy Spirit. On Sunday night, October 8, 1871, while preaching at Farwell Hall, which was now being used because of the increased crowds, Moody asked his congregation to evaluate their relationships to Christ and return next week to make their decisions for Him. That crowd never re-gathered. While Sankey was singing a closing song, the din of fire trucks and church bells scattered them forever, for Chicago was on fire. The Y.M.C.A. building, church, and parsonage were all lost.

While out east raising funds for the rebuilding of this church, Moody describes a life-changing experience he had upon locking himself in a room of a friend's house: "One day, in the city of New York, oh what a day! I cannot describe it. I seldom refer to it. It's almost too sacred an experience to name. Paul had an experience of which he never spoke for fourteen years. I can only say that God was revealed to me, and I had such an experience of His love that I had to ask Him to stay His hand."

In 1872, he returned briefly to England where he accepted an invitation to the Arundel Square Congregational Church in London. He continued on for ten days with some 400 people saved.

Three English men invited Moody back to England the following year. With their families, Moody and Sankey left June 7, 1873. Little did they know that they were going to shake England as Whitefield and Wesley had 125 years previously.

They conducted meetings in York, Sunderland and Newcastle, where the meetings were gigantic with special trains bringing people in from surrounding areas. Here a novel all-day meeting was held and their first hymn book was introduced to the public.

Now being invited to Scotland, the evangelists began in Edinburgh on November 23. For hundreds of years, only Psalms had been sung here with no musical instruments. Now Sankey began "singing the Gospel" and crowds packed out the 2,000-seat auditorium. By the time the last service was over on January 20th, Moody was receiving requests from all over the British Isles. They traveled to Dundee and Glasgow, Scotland. These meetings soon moved into the 4,000-seat Crystal Palace and after three months climaxed with a service at the famed Botanic Gardens Palace. Moody was unable to even enter the building surrounded by 15,000 to 30,000 people, so he spoke to them from a carriage and the choir sang from the roof of a nearby shed! Later the team returned to Edinburgh for a meeting held on the slopes of "Arthur's Seat" with a crowd of 20,000. An estimated 3,500 converts were won in each of these two places.

Now Ireland was calling, so they spoke at Belfast and Dublin. Vast crowds attended and thousands were won to Christ.

Back in Manchester England, the Manchester crusade was held; as many as 15,000 were trying to gain admission for a single service. Next came Sheffield, Birmingham, Liverpool and London with untold blessing. Finally, it was a four month London Crusade climaxing the tour. A total of two and one-half million people attended! The awakening became world news and it was estimated that 5,000 came to Christ. He arrived home August 14 and hurried to Northfield to conduct a revival in which His mother, many friends and relatives were saved.

Now invitations for city-wide crusades were coming from many places in America.

His first city-wide crusade in America was in Brooklyn, New York beginning October 1875, at the Clermont Avenue Rink, seating 7,000. (12,000 to 20,000 crowds were turned away.) Over 2,000 converts resulted.

The Philadelphia crusade started in November with nightly crowds of 12,000. The ushers were very well trained, capable

of seating 1,000 people per minute, and vacating the premises of some 13,000 in 4 minutes if needed. The doors were opened one and a half hours early and in 10 minutes the 12,000 seats were taken. On January 19, 1876 President Grant and some of his cabinet attended. Total attendance was 1,050,000 with 4,000 decisions for Christ.

Crusades were held in New York (where Madison Square Gardens now stands); Chicago, Boston, Baltimore, St Louis, San Francisco, Van Couver and San Diego.

From 1884 on, his crusades were smaller and limited to October to April. He spent his summer months in Northfield, Massachusetts for study, rest, family and development of his schools.

In 1891-92 he made his last trip to England, Scotland France, Rome and Palestine, where he preached on the Mount of Olives. On his trip home to America, he endured a shipwreck, a dark hour of his life, but God spared him.

In 1893 he had the "opportunity of the century." The World's Columbian Exposition (World's Fair) was to be held in Chicago from May 7 to October 31. He had a burden to saturate Chicago with the gospel during this time. Using many means and meetings in different languages, including 125 various Sunday services, thousands were saved.

He started his last crusade in Kansas City in November, 1899. He preached his last sermon on 'Excuses' (Luke 14:16-24) and hundreds were won to Christ that night. He was very ill afterward, the illness was thought to be his heart. Arriving home in Northfield November 19 for rest, he climbed the stairs to his bedroom--never to leave it again. He died on December 22, 1899, with a note of victory. He is reported to have said such things as the following at his death: *"I see earth receding; heaven is approaching (or opening). God is calling me. This is my triumph. This is my coronation day. It is glorious. God is calling and I must go. Mama, you have been a good wife...no pain...no valley...it's bliss."*

His innumerable converts were estimated by some as high as 1,000,000.

R.A. Torrey, one of his closest friends, writes his conclusions in his famous 'Why God Used D.L. Moody': (1) fully surrendered, (2) man of prayer, (3) student of the Word of God, (4) humble man, (5) freedom from love of money, (6) consuming passion for the lost, (7) definite endowment with power from on high.

Perhaps the world HAS seen what one man totally consecrated to God can do.

D. L. Moody's son William wrote a book "The Life of Dwight L. Moody in which he wrote about some of the things that occurred in his father's life. Here is just a few of them:

Someone told Moody, "You make too many mistakes in grammar," he complained.

"I know I make mistakes," was the reply, "and I lack a great many things, but I'm doing the best I can with what I've got."

He paused and looked at the man searchingly, adding with his own irresistible manner:

"Look here, friend, you've got grammar enough--what are you doing with it for the Master?"

(To be continued)



SIN AND DISEASE

Contrary to what you might think Drugs do not cure disease!

The emergence of the pharmaceutical industry is indicated to be the late nineteenth century, found in the upper Rhine Valley of Switzerland, traced to the chemical industries wiki/answers.com

How did people become and stay healthy before drugs? The answer is simple; By eating pure food, not ingesting chemicals, drinking pure water, working hard (exercise) in the outdoors where there is fresh air and sunshine, getting enough sleep, abstaining from all harmful substances, and following in the footsteps of Jesus.

“God be merciful unto us, and bless us; and cause his face to shine upon us; Selah.
That *thy way* may be known upon earth, thy *saving health* among all nations.” Psalms 67:1, 2

“In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil.
It shall *be health to thy navel, and marrow to thy bones*”. Proverbs 3: 6, 7, 8

Sin and disease are a lot alike.... like brothers. They have the same father, the devil. Both were planned. Disease is no accident, neither is sin they both were planned to destroy us.

It is true that if a parent has a physical weakness it can be handed down to a child; however, if that child is aware of the weakness it is possible, by not assuming the same lifestyle as the parent, to overcome the weakness.

I think usually offspring do continue the same lifestyle they had when they were children in their parent's home.

I am a people watcher and I have noticed when shopping and observing people, if the parents are obese usually the children are not far behind because they eat at the same table.

We are creatures of habit and old habits are difficult to overcome. Sin is a hand-me-down like lifestyle. It is rare to find children that are spiritual if the parents are not.

God, the most powerful person in the universe, has done everything possible to save us; therefore, if we are lost we have co-operated with the devil in our own destruction.

If we are not well physically we probably have, knowingly or unknowingly, co-operated with the devil to our destruction.

Good health is no accident it must be planned for. Disease can be overcome by developing a lifestyle that will build a strong immune system.

If we are using the S.A.D Diet (**standard American Diet**) the chances are we already have serious health problems such as diabetes, high blood pressure or heart problems.

These are often caused by being a couch potato and eating foods like white sugar, white flour, white rice, dairy products, flesh foods and hydrogenated or partially hydrogenated cooking oils.

Juvenile diabetes is connected to dairy.

Whole Milk Saturated fats in dairy products have racked up a laundry list of negative side effects including raising "bad" (LDL) cholesterol and promoting inflammation throughout the body. But for those with diabetes, a diet high in saturated fat can cause another serious problem: Studies have shown that saturated fats can worsen insulin resistance. (JoyBaur.com)

MSG, high fructose corn syrup and other chemicals that enhance the taste of food and give it shelf life are also responsible for obesity and disease.

If we want to be healthy and remain healthy we must learn what foods are healthy and we must learn to read food labels. Our health and the health of our children are at stake.

Bad health is usually the transgression of the laws of nature.

Today, as never before, farmers are drugging their cattle and chickens to make them grow faster and to produce more eggs or milk. If we eat their products we are the second-hand recipients of these drugs.

Some people raise their own chickens for meat and eggs or cattle for beef; however, if you buy your cow and chicken feed commercially you are more than likely feeding them chicken by-products containing chicken manure.

Are we eating American beef raised on chicken manure?

A commentary on behalf of the National Farmers Union Ontario

By Grant Robertson

“When you think of cattle feed very few of us probably imagine chicken manure. Certainly it would be the last thing that would enter the mind of most of us from farmers to eaters. Some time ago the NFU was approached about the possible practice of feeding chicken litter to cattle in the United States, and potentially in other nations that export their beef to Canada. I say possible because it is really difficult for a farm organization in Canada to nail down what exactly is happening with this issue. Having spent a great deal of personal time trying to research this issue it has proven impossible to find the ‘smoking gun’ of how wide spread this practice is. Frankly it is going to take an enterprising news agency or journalist to follow this issue further. At this point it is hard to know where the truth really lies.

Here’s what we do know. Canada has banned this practice. The United States has not banned the practice of feeding chicken manure to cattle – quite the opposite in fact. You can find the following recommendation from the University of West Virginia (as an example) on the web by simply Googling ‘feeding chicken litter’: “

If our chicken feed contains chicken manure is it safe to eat the chicken or its eggs?

In order to be healthy and remain healthy it is necessary to rid our bodies of toxins and keep them out of our systems. If we willingly eat foods that we know are toxic we are committing suicide, and if we feed these toxins knowingly to our children it is nothing short of murder.

Rice Growers Sue Chicken Industry Over Poultry Litter

By Dan Flynn | October 12, 2012

“Arkansas rice growers say chicken industry practices promoted by industry giants like Pfizer, Tyson Foods Inc.

and other big chicken producers are responsible for the high arsenic levels being detected in their crops.

The growers have asked the Circuit Court for the Southern District of Arkansas for a jury trial to decide whether their claim that Pfizer, Tyson and half a dozen other poultry companies is justified. The growers blame those defendants for the high levels of arsenic found in rice grown in Arkansas waters.

The federal lawsuit was filed just a few days after both Consumer Reports and the U.S. Food and Drug Administration (FDA) released data showing that white rice grown in Arkansas, Louisiana, Missouri and Texas may contain arsenic at levels that are too high for some, especially children. Arsenic is naturally occurring, and while safe levels have been set for water by the U.S. Environmental Protection Agency (EPA), no safety limit for foods like rice and apple juice has ever been set by FDA.

Plaintiffs John Alter, Kenneth Graves and Mark and Joyce Hargrove have sued on behalf of themselves and other rice growers, claiming that arsenic in a poultry feed component that ends up in poultry litter is contaminating Arkansas rice crops.”

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

How can we knowingly eat poison to God’s glory?

Our best is not good enough if it is not connected to the will of Christ and His will is that we follow **His plan for health.**

If our arteries and veins are clogged with cholesterol and plaque there is no way we will get enough oxygen to our brains to make intelligent decisions in a crisis.

It is Satan’s plan to keep us dumb, uninformed or illiterate. This is how The Catholic Church controlled the masses in the dark ages. This is also how many dictators control their nations. What better way, than to have our destruction built into our food supply?

The **SAD (standard American diet)** is found in the fast food restaurants.

Grow a garden and eat green food that is alive.

